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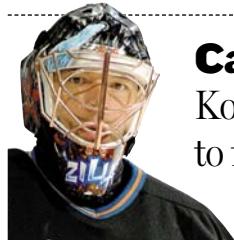
Tuesday



Mario Capecchi, one of three Nobel Prize winners.

Gene Giants: Three share Nobel for genetic technique | **6**

Predator Hunt: Worldwide effort to identify a pedophile | **7**

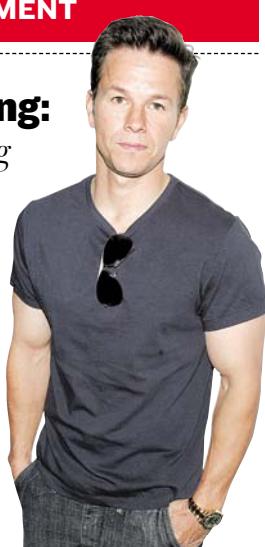


Capital Steps: Kolzig leads team to first 3-0 start in five years | **14**

ENTERTAINMENT

Typecasting:

Mark Wahlberg navigates charted territory as a cop in a crime thriller. Plus, Arab identity on-screen.



>> **18-22**

U.K. to Slash Iraq Troop Size to 2,500



WAR-WEARY: Anti-war protesters march to Parliament Square in central London on Monday. Prime Minister Gordon Brown announced Monday that Britain will cut the size of its force in Iraq in half—from about 5,000 to 2,500—by next spring. ♦ **Strategic move:** Pullback aims to ease opposition | **Page 7**

Bad Marriages Hurt the Heart

Study links relationship woes with increased heart disease

CHICAGO | A lousy marriage might literally make you sick.

Marital strife and other bad personal relationships can raise your risk for heart disease, researchers reported Monday. What it likely boils down to is stress — a well-known contributor to health problems, as well as a potential byproduct of troubled relationships, the scientists said.

In a study of 9,011 British civil servants, most of them married, those with the worst

close relationships were 34 percent more likely to have heart attacks or other heart trouble during 12 years of follow-up than those with good relationships. That included partners, close relatives and friends.

The study, in Monday's Archives of Internal Medicine, follows previous research that has linked health problems with being single and having few close relationships.

In the new study, researchers focused more on the quality of marriage and other

important relationships.

"What we add here is that, 'OK, being married is in general good, but be careful about the kind of person you have married.' The quality of the relationship matters," said lead author Roberto De Vogli, a researcher with University College in London.

De Vogli said his research team is doing tests to see if study participants with bad relationships have any biological evidence of stress that could contribute to heart disease. That includes inflammation and elevated levels of stress hormones. LINDSAY TANNER (AP)



SHOULD THE U.S. GOVERNMENT PAY THE FAMILIES OF IRAQIS KILLED BY BLACKWATER USA? YES NO

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TODAY: Partly sunny, with record heat; chance of evening storms | **34**

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VANISHINGS

David Copperfield Seen in Des Moines

Polk County, Iowa, authorities are wondering how a thief was able to make off with an earthmover and an excavator from a construction site. The equipment was stolen sometime Friday night. "We have tool break-ins, small tools, trailers ... but something this size — first time for me ever happening that big," said Randy Freel of Jensen Construction Co. Police are mystified. "It's not like hot-wiring a car and driving off with it," said Neil Shultz of the Polk County Sheriff's Office. "This took someone with extraordinary skills and abilities that knows how to drive it, start it, load it onto a trailer." (AP)



AMERICAN IDEALS

Give Me My Tissue Tax or Give Me Death

A Murrysville, Pa., woman is suing a Kmart she says incorrectly charged her 28 cents too much for a 12-pack of Angel Soft toilet tissue, reported the Pittsburgh Post-Gazette. Mary Bach says the store incorrectly applied sales tax — 7 percent — to her purchase of the \$3.99 item. Toilet paper is not taxable in Pennsylvania. So she filed in small claims court, asking for damages of \$100. "It's a black and white issue," she told the newspaper. "If a major national retailer ... overcharges one customer 28 cents, that literally could add up to hundreds of thousands of dollars" if repeated.

(EXPRESS)



PURRILICIOUS

Love Is ... This Photo

A stray kitten has found a new mother in a golden retriever, who began producing milk after hearing its cries. Honey of Stephens City, Va., took to the kitten (dubbed "Precious") right away, says her owner. (AP)



SCOTT MASON/WINCHESTER STAR/AP

"You taste like my natural enemy, Mom."

STUNTS

See Spot Fun

About 450 high school students in Fargo, N.D., played Twister on I80 mats in what they hope will set a record for the largest Twister game board. Sunday's attempt took place during a conference held by North Dakota DECA, a high school business club. The students won't know whether they broke the record until officials at Guinness World Records review a video of the attempt. (AP)



Depressed?

NIMH is conducting a study to look at how a currently FDA-approved drug, Scopolamine, which is used for motion sickness, can help with depression.

This is a 12-visit outpatient study conducted at the NIH Clinical Center in Bethesda, MD. The drug is given through a patch placed on the skin.

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The total amount, in billions of dollars, American Electric Power will pay to settle a federal lawsuit over pollution that has eaten away at Northeast mountain ranges and landmarks, according to The Associated Press.

Nation**In Brief**

KEVIN SANDERS/AP

John Edwards had been seeking an endorsement from a large labor union.

WASHINGTON
Service Union Decides To Withhold Endorsement

None of the Democratic presidential primary contenders will get the endorsement they've been fervently seeking from the Service Employees International Union, an especially painful blow to John Edwards. The union said Monday it won't choose a national candidate for the primary elections, underscoring divisions that had been apparent among SEIU supporters of Edwards and the Democrats he trails in polls: Hillary Clinton and Barack Obama. (AP)

YAKIMA, WASH.
Skydiving Plane Missing In the Cascade Mountains

A search began Monday in the rugged central Washington Cascades for a missing plane with up to 10 people from a skydiving company on board. The plane left Star, Idaho, at about 7 p.m. Sunday en route to Shelton, Wash., but did not arrive, said Mike Fergus of the Federal Aviation Administration. (AP)

Study: Banked Blood Less Effective

Researchers say blood loses ability to deliver oxygen when stored

WASHINGTON | Blood transfusions have saved millions of lives, yet stored red cells may be less effective because they can quickly lose much of their ability to deliver oxygen.

As soon as donated blood goes into storage, nitric oxide — which helps keep blood vessels open — begins breaking down, two research teams report in separate studies in

MEDICAL CONCERN

- In recent years, doctors have become increasingly concerned about the levels of heart attack and stroke in patients who had received transfusions, which the new findings may help explain.
- Currently, blood is allowed to be kept in blood banks for up to 42 days. An estimated 14 million units of red blood cells are administered to about 4.8 million Americans annually.

this week's online edition of Proceedings of the National Academy of Sciences.

"It doesn't matter how much oxygen is being carried by red blood cells; it cannot get to the tissues that need it without nitric oxide," said Dr. Jonathan Stamler of Duke University, leader of one of the research groups.

"The issue of transfused blood being potentially harmful to patients is one of the biggest problems facing American medicine," Stamler said.

Several of the researchers, including Stamler, have consulting and/or equity relationships with Nitrox/N30, a company developing nitric oxide-based therapies.

"This is an important observation and it needs to be followed up," said Dr. Louis Katz, a past president of America's Blood Centers, which provides about half the nation's blood.

The research was supported by the National Institutes of Health, Duke Anesthesiology Fund, the American Heart Association and N30 Pharma. RANDOLPH E. SCHMID (AP)

HALF MOON BAY, CALIF. | LEADER OF THE PATCH



PAUL SAKUMA/AP

GREAT PUMPKIN, INDEED: Thad Starr from Pleasant Hill, Ore., celebrates after winning the Half Moon Bay Pumpkin Festival Weigh-Off with a contest record pumpkin weighing 1,524 pounds. Starr won \$6 for each pound of pumpkin, or \$9,144.

Police Charge Men With Killing Memphis Player

MEMPHIS, TENN. | Three men were charged with murder on Monday in the shooting of a football player on the University of Memphis campus during an attempted robbery, authorities said.

Taylor Bradford, 21, had won more than \$3,000 at a nearby casino the night before police found him Sept. 30 in his car, which had crashed into a tree a few blocks from his campus apartment. Memphis Police Director Larry Godwin said the attackers intended to rob him.

The men, who are not students at the university, were identified as DaeShawn Tate, Victor Trezevant and Courtney Washington. (AP)



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Nation



"Businesses don't own the sky; the public does. And if we want them to stop polluting it, we have to put a price on all pollution."

—Sen. Barack Obama, calling for a reduction in U.S. greenhouse gas emissions

Sheriff's Deputy Fired 30 Rounds

Wis. shooter had been in a relationship with 1 of the 6 he killed

CRANDON, WIS. | An off-duty sheriff's deputy who killed six young people and wounded another fired 30 rounds of ammunition after he burst into a home where friends had gathered, investigators said Monday.

Tyler Peterson, 20, who later died after exchanging gunfire with law enforcement officers, had been in a relationship with one of the victims, authorities said at a news conference.

"They were in a relationship for a few years," said Police Chief John Dennee. "They had broken up and gone back and forth."

The rampage raised questions among residents of the remote northern Wisconsin community about how Peterson could have met the requirements to become



Police officers gather outside the home in Crandon, Wis., where an off-duty sheriff's deputy killed six people on Sunday. Another person was critically wounded.

a law enforcement officer. No psychological testing was performed, but he had undergone other back-

ground checks and completed all required training by the state, authorities said.



Peterson

"We had no idea, obviously, that anything like this would ever occur," Dennee said. "Once we realized that he was our suspect, he was no longer a cop."

Killed in the rampage were six people who were either students or graduates of Crandon High School. They were at the house to share pizza and watch movies during the school's homecoming weekend.

Though Peterson exchanged gunfire with officers, it was not clear how he was killed, Van Hollen said.

The victims were identified as Jordanne Murray, Katrina McCorkle, Leanna Thomas, Aaron Smith, Lindsey Stahl and Bradley Schultz. ROBERT IMRIE (AP)

Papers: Benoit's Dosage Excessive

Prosecutors accuse doctor of prescribing too much testosterone

ATLANTA | The amount of testosterone prescribed to pro wrestler Chris Benoit far exceeded the normal amount for a hormone disorder he was purportedly being treated for, federal prosecutors said in new

THE STEROID THEORY

→ Steroid use has lingered as a theory behind the killings, since anabolic steroids were found in Benoit's home and tests conducted by authorities showed Benoit had roughly 10 times the normal level of testosterone in his system when he died.

court papers.

The papers were filed in a criminal case against Dr. Phil Astin, Benoit's personal physician, who is charged with overprescribing medication to at least two other patients.

Authorities said Benoit, 40, strangled his wife with a cord, used a choke hold to strangle his 7-year-old son, placed Bibles next

to the bodies and hanged himself on a piece of exercise equipment the weekend of June 22 in their suburban Atlanta home.

Benoit's father believes years of head trauma his son suffered while in the ring contributed to the killings.

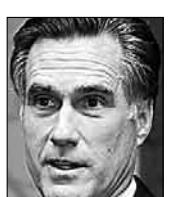
The government says that even if Benoit had a hormone disorder as a lawyer for the doctor has claimed, the amounts of testosterone he was given "well exceeded normal dosages." HARRY R. WEBER (AP)

Romney Still on Top In Iowa Poll

Fred Thompson is in 2nd place, ahead of Giuliani and McCain

DES MOINES, IOWA | Mitt Romney is still the Republican to beat in Iowa, maintaining a lead he's held over other presidential candidates for months.

A poll released on Sunday by the Des Moines Register shows the former Massachusetts governor has the support of 29 percent of Iowa Republicans.



Romney

Fred Thompson, the actor and former Tennessee senator, is in second place with 18 percent.

Romney has campaigned extensively in Iowa and has aired a steady stream of television ads in the state.

Although Rudy Giuliani leads in national polls, he hasn't fared well in Iowa and is about even with Mike Huckabee in third place. The poll found Huckabee at 12 percent, Giuliani at 11 percent and John McCain at 7 percent.

The telephone poll was conducted Oct. 1-3 of 405 registered voters who said they would definitely or probably attend the Republican caucuses. (AP)



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Nation



PASTRY PUSH: A man accused of stealing a 52-cent doughnut in Farmington, Mo., could face up to 15 years in prison. Authorities say Scott Masters pushed away a clerk who tried to stop him as he fled the store, making the doughnut heist a strong-armed robbery.

3 Scientists Win Nobel in Medicine

Men developed gene targeting method that's used to study diseases

STOCKHOLM, SWEDEN | Two American scientists and a British scientist won the 2007 Nobel Prize in medicine on Monday for groundbreaking discoveries that led to a powerful technique for manipulating mouse genes.

The widely used process has helped scientists use mice to study heart disease, diabetes, cancer, cystic fibrosis and other diseases.

The prize is shared by Mario R. Capecchi, 70, of the University of Utah in Salt Lake City; Oliver Smithies, 82, a native of Britain now at the University of North Carolina in Chapel Hill; and Sir Martin J. Evans, 66, of Cardiff



Mario Capecchi, a winner of the Nobel Prize in medicine, holds a vial used in his first experiment. Capecchi is a professor of human genetics at the University of Utah.

University in Wales.

The three scientists were honored for a technique called gene targeting, which lets scientists deactivate or modify particular genes in mice. That, in turn, lets them study how those genes affect health and disease.

"Gene targeting has pervaded all fields of biomedicine. Its impact on the understanding of gene function, and its benefits to mankind will continue to increase over many years to come," said the citation for the prize, which is worth \$1.54 million.

Evans, reached while visiting his daughter in Cambridge, England, said, "I haven't come to terms with it yet. In many ways, it is the boyhood aspiration of science, isn't it? And here I am, unexpectedly, with it. It's amazing." KARL RITTER (AP)

Police Say Man Killed Roommate Over Smelly Feet

HOUSTON | A drunken argument over smelly feet led a man to stab his roommate to death, police said Monday. William Antonio Serrano, 22, and the other man were drinking Saturday night when the victim told Serrano his feet had a foul odor, Sgt. Macario Sosa said.

Serrano grabbed a knife and stabbed his roommate several times, police said. The roommate was not identified by police.

Serrano was in jail on a murder charge, police said. The two men shared a small apartment bedroom they subleased from a married couple. The wife was outside with her newborn baby when she looked inside the window to see one of the men with two knives in his hands, Sosa said. (AP)

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GAME OFF: British regulators on Monday banned a toned-down version of the violent video game "Manhunt 2," saying the changes didn't go far enough to alter the game's "bleakness and callousness of tone."

World

Worldwide Search for Pedophile

Interpol hands out unscrambled photo of unidentified suspect

PARIS | He apparently traveled the world sexually abusing young boys, but remained unidentifiable — until now. Police in Europe have unscrambled digitally altered images found on the Internet to reveal the face of a man shown abusing boys in Vietnam and Cambodia.

Interpol released four reconstructed photos of the suspected pedophile on Monday in an unprecedented public appeal for help, hoping that someone, somewhere, will recognize the man whose identity and nationality remain a mystery.

But the decision to unmask him is not without risk: Tipping criminals off to the techniques that police have at their disposal could also prompt them to better hide their identities.

Interpol said 12 boys, apparently ranging in age from 6 to their early teens, appeared in about 200 photographs posted on the Internet. But the face of the man inflicting the abuse was disguised in a digital whirl. JOHN LEICESTER (AP)



Unscrambled photo of suspect

Britain to Halve Troop Level in Iraq

Brown announces cuts as U.K. weighs staying beyond 2008

LONDON | Britain will halve its remaining troop contingent in Iraq next spring, Prime Minister Gordon Brown announced Monday. A British official later said they could not guarantee that any troops would remain in Iraq by the end of 2008.

Brown, under fire over his decision not to call an election for this

year, said Britain would lower troop levels to 2,500 by mid-2008 and redeploy logistics staff to neighboring states. The British leader was clearly hoping the announcement would help boost his popularity among a public weary of the war.

Aides had stoked election rumors for weeks, particularly as lawmakers and activists gathered for a series of political party conferences. But Brown scrapped the plans Saturday as opinion polls suggested his early wave of public support had waned.

Brown told lawmakers Monday his Iraq plan follows the success of the U.S. troop increase this summer and efforts by Iraqis to drive suspected al-Qaeda militants from havens in Anbar province, west of Baghdad.

He said decisions on further cuts would be made once the reduction to 2,500 was complete, rejecting a call from opposi-

tion lawmakers to set a timetable to withdraw all British forces.

Officials said the latest troop cut would be complete by April, and that a total withdrawal of forces would be among options considered then.

"At the point where we arrive at that number next year, we shall have a much clearer idea of what our policy is going to be," a British official said, speaking on condition of anonymity. "But certainly at this stage there's no guarantee they're going to be there beyond the end of [2008]." DAVID STRINGER (AP)



Brown

TEHRAN, IRAN | STUDENTS PROTEST AHMADINEJAD SPEECH



CLOSED OFF: An Iranian student kicks a gate at Tehran University in protest of President Mahmoud Ahmadinejad's giving a speech at the school on Monday. About 100 students took part in the protest, referring to the president as a "dictator."

Iraqis Want U.S. To Cut Its Ties With Blackwater

BAGHDAD | Iraqi authorities want the U.S. government to sever all contracts in Iraq with Blackwater USA within six months and pay \$8 million in compensation to each of the families of 17 people killed when the firm's guards sprayed a traffic circle with heavy machine gun fire last month.

The demands — part of an Iraqi government report examined by The AP — also called on U.S. authorities to hand over the Blackwater security agents involved in the Sept. 16 shootings to face possible trial in Iraq. The report appears to signal further strains between the government of Prime Minister Nouri al-Maliki and the White House. (AP)

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BEWARE CASUAL OBSERVERS: Israel's parliament unleashed the fashion police ahead of the opening of its annual winter session Monday, saying visitors wearing "unbecoming attire" would be barred from entering.

World

In Brief

ISLAMABAD, PAKISTAN

Helicopter Escorting Musharraf Crashes, Kills 4

A helicopter carrying aides to President Gen. Pervez Musharraf crashed Monday as the Pakistani leader flew to Kashmir. Though blamed on a technical fault, the accident revived concern for Musharraf's safety as his war with Islamic militants intensifies. The army said four people died when the craft attempted an emergency landing, but the U.S.-allied leader was never in danger. (AP)

KABUL, AFGHANISTAN

Ending 3-Year Moratorium, Government Executes 15

Afghanistan executed 15 prisoners — one convicted of killing foreign journalists — an official said Monday, ending three years without the death penalty and drawing U.N. criticism. The punishment also raised concerns of possible complications for NATO missions in the country. (AP)

YANGON, MYANMAR

Envoy for Detained Leader Is Named by Ruling Junta

The ruling junta appointed a Cabinet official Monday to coordinate contacts with detained opposition leader Aung San Suu Kyi, a move that comes with Myanmar under intense international pressure to enter talks with the democracy movement. (AP)

BRITAIN | CRACKED UP



LESTER PITTAKIS

MIND THE GAP: A visitor at the Tate Modern museum in London on Monday steps across a crack in the floor — an art piece titled "Shibboleth" by Colombian sculptor Doris Salcedo.

Israel Hints at Splitting Jerusalem

Olmert pledges to seek lasting peace accord with the Palestinians

JERUSALEM | Two senior Israeli politicians, including the prime minister's closest ally, talked openly Monday about dividing Jerusalem, signaling a possible shift in Israeli opinion about one of the Mideast's most contentious issues.

The dispute over Jerusalem has derailed negotiations in the past, and the latest comments come at a time when Israeli and Palestinian teams are trying to agree on principles guiding future peace talks.

The ideas raised by Israeli Vice Premier Haim Ramon still fall far short of Palestinian demands to establish their capital in all of the city's eastern sector, annexed by Israel after the 1967 Mideast War.

Israeli Prime Minister Ehud Olmert, meanwhile, told his parliament he will not be deterred from seeking a peace deal with the Palestinians. He said Israel has missed opportunities in the past,



A boy is lifted above the crowd as Palestinian Muslim worshippers cross a checkpoint into Jerusalem for a Ramadan ceremony.

and warned that continued failure would mean a "demographic struggle steeped in blood and tears."

Olmert was unusually impassioned but short on specifics. He made no mention of Jerusalem.

It's not clear whether Olmert can muster the political support to push through a peace deal. His popularity dropped sharply after last summer's war against Hezbollah guerrillas in Lebanon, and he is the target of

several corruption probes. On Tuesday, he is to be questioned by police about allegations that he fraudulently bought a home well below market value while serving as a Cabinet minister. KARIN LAUB (AP)

Jurors Retrace Diana's Final Steps in Paris

PARIS | A glimpse of the twinkling Eiffel Tower, the rarefied glamour of the Ritz Hotel, the brief quayside tunnel that became a symbol of royal death: Jurors in a British inquest on Monday began tracing Princess Diana's last moments before the Paris car crash that killed her 10 years ago.

In a dramatic moment, the jury walked through the Paris traffic tunnel where the princess died in the car crash along with her boyfriend Dodi Fayed and driver Henri Paul on Aug. 31, 1997.

Lengthy investigations on both sides of the Channel have left many questions unanswered and raised suspicions about the deaths. The 11 jurors assigned to try to find answers to those questions gathered at Paris' Place Vendome on Monday, the start of a two-day visit to Paris. (AP)

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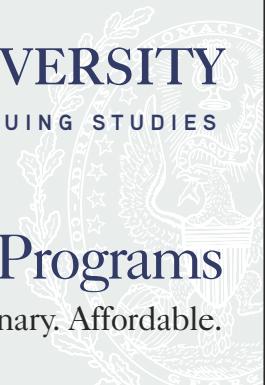


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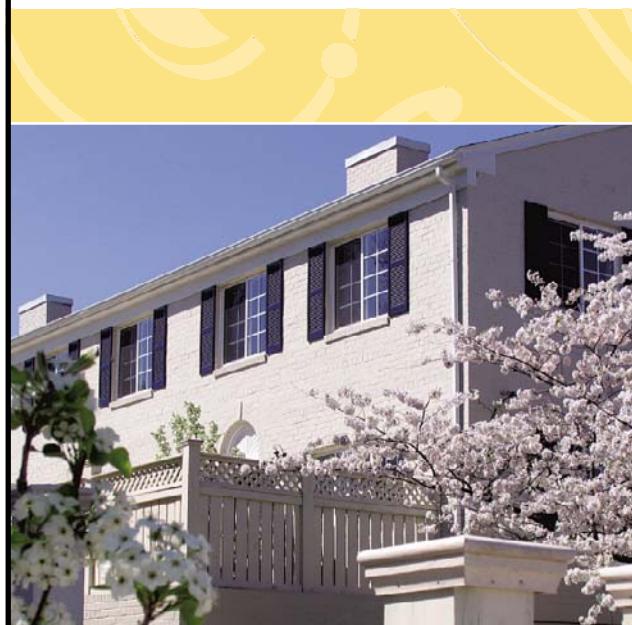
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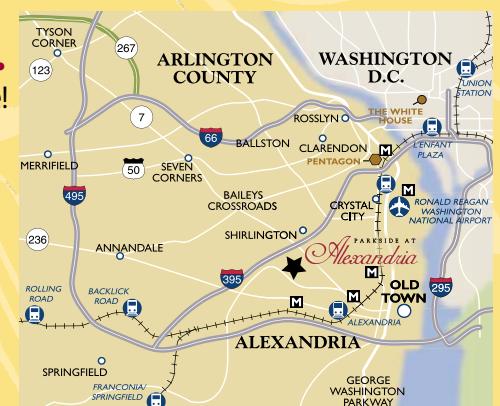
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Local

Va. Tech to Try Out Alerts

Expanded university notification system to serve nearly 18,000

RICHMOND, VA. | Nearly six months after the Virginia Tech shootings, the school plans to test its expanded notification system, which uses text messages, voice mails, e-mails and online instant messages to alert the campus community during emergencies.

The Blacksburg school will test its "VT Alerts" system sometime this week, university spokesman Mark Owczarski said. Nearly 18,000 students, faculty and staff — more than half of the university community — have subscribed to

the system since it was launched in July.

The school had already been looking into expanding its alert system when student Seung-Hui Cho killed 32 people and then himself on April 16.

The revamped system allows students and staffers to receive alerts by cell phone text message, online instant messages, phone calls and e-mails.

The technology is being provided by 3n (National Notification Network), a California provider of mass notification systems, at a cost of \$200,000 for three years, though the school has the option to drop it after a year and pay nothing.

During the April 16 shootings,

the university relied mainly on e-mails, campus warning sirens and a message on Tech's Web site to alert students to the danger.

About 70 percent of those who signed up for the new system selected text messaging as their primary form of communication, Owczarski said.

The university informed the campus of the upcoming trial run on Friday, and the alerts sent out will clearly indicate they are a test to make it "crystal clear" there is no actual emergency, Owczarski said.

Those receiving the test messages will be prompted to confirm receipt to help the school determine how well the system works. (AP)

WASHINGTON | COLUMBUS DAY CELEBRATION



DISCOVERY DAY: Members of the Knights of Columbus participate in the National Park Service and the National Columbus Celebration Association's 96th-annual wreath-laying ceremony at Union Station on Monday.

The Lotteries

Monday, Oct. 8

DISTRICT

Mid-day Lucky Numbers	8-3-2
Mid-day DC 4	8-7-0-2

MARYLAND

Mid-day Pick 3	5-1-1
Mid-day Pick 4	2-9-3-8

VIRGINIA

Mid-day Pick 3	6-5-4
Evening Pick 3 (Sun.)	6-1-8
Mid-day Pick 4	8-9-1-9
Evening Pick 4 (Sun.)	2-6-4-4
Mid-day Cash 5	7-10-14-17-19
Evening Cash 5 (Sun.)	2-6-11-15-20

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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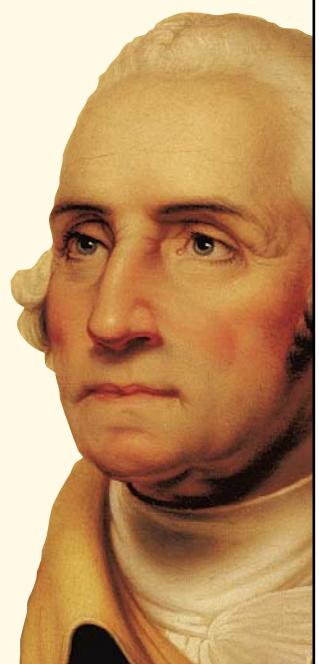
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Money

Google's Stock Hits \$600

Internet search engine overtakes the likes of Coca-Cola, Wal-Mart

SAN FRANCISCO | Google Inc.'s stock price sailed past \$600 for the first time Monday, extending a monthlong rally propelled by the lofty expectations surrounding the Internet search leader's upcoming third-quarter earnings report.

The Mountain View, Calif.-based company's shares traded as high as \$610.26 before slipping back to \$609.62, a gain of \$15.57, or 2.6 percent.

It marked the sixth time in the past 12 trading sessions that the stock has reached a new peak, indicating investors are confident Google's third-quarter profit will be impressive.

The results are scheduled to be released Oct. 18.

The latest milestone served as yet another reminder of the immense wealth created since Google went public in August 2004.

The shares have increased more than sevenfold from their initial public offering price of \$85, bringing the nine-year-old company's market value to \$190

billion — eclipsing bigger, more mature businesses like Wal-Mart Stores Inc., Coca-Cola Co., Hewlett-Packard Co. and IBM Corp.

The biggest beneficiaries of the stock's ascension have been Larry Page and Sergey Brin, who began developing their search engine, then called "BackRub," in a Stanford University dorm room in 1996. Page and Brin, both 34, now rank among the world's wealthiest people, with fortunes approaching \$20 billion each.

Hundreds of other Google employees are millionaires.

MICHAEL LIEDTKE (AP)

In Brief

DETROIT**UAW Sets a Wednesday Deadline for Chrysler Strike**

The United Auto Workers has set a deadline of 11 a.m. Wednesday to agree on a new contract with Chrysler LLC or workers could strike. The deadline, confirmed Monday by a Chrysler spokeswoman, gives negotiators less than 48 hours until a strike could be called. The UAW went on strike for nearly two days last month before coming to a agreement with GM on Sept. 26. Workers



A worker inspects a Jeep at the DaimlerChrysler Jeep plant in Toledo, Ohio.

with the nation's largest automaker are expected to wrap up voting on the agreement by Wednesday. (AP)

NEW YORK**Vonage Settles Sprint Suit**

Internet phone company Vonage Holdings Corp. took a step back from the brink Monday, saying it has settled for \$80 million a suit filed by Sprint Nextel Corp. On Sept. 25, a jury in the U.S. District Court in Kansas City, Kan., found that Vonage infringed on six Sprint patents, and ordered Vonage to pay \$69.5 million in damages. Monday's settlement resolves all claims in the dispute. Sprint agreed to license Vonage its portfolio of more than 100 patents on connecting calls between a regular telephone network and a packet-switched network. (AP)

Market Action

New York Stock Exchange**Gainers**

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Vonage	2.57	+1.42	+123.5
Amrep	34.40	+5.40	+18.6
ABM	23.21	+2.44	+11.7
AK Steel	47.75	+4.77	+11.1
Lydall	10.75	+.90	+9.1

Losers

Levitt	2.93	-.51	-14.8
Luminent	2.59	-.28	-9.8
StdPac	5.31	-.44	-7.7
Aeropstl s	19.94	-1.62	-7.5
Drew Inds	41.02	-3.16	-7.2

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.75	7.75
Fed Funds close	4.81	5.00
3-month disc	3.88	3.84
2-year	4.06	4.00
10-year	4.64	4.55
30-year	4.87	4.79

NASDAQ Stock Market**Gainers**

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
KellySB	27.41	+6.25	+29.5
ChinaDv If	10.39	+2.03	+24.3
ExactSci	4.56	+.83	+22.3
Limelight n	11.60	+2.05	+21.5
Iomai	1.94	+.05	+2.6

Losers

EdgePet	9.81	-2.93	-23.0
Noven	13.05	-3.64	-21.8
Conolog	2.24	-.54	-19.4
NatHlTrn	4.35	-.84	-16.2
NPS Phm	4.76	-.74	-13.5

Currency (Dollars in foreign currency)

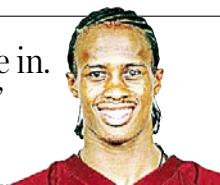
	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4914	.4898	.5346
Canadian Dollar	.9869	.9819	1.1263
European Euro	.7119	.7071	.7940
Japanese Yen	117.36	116.92	118.98
Mexican Peso	10.8525	10.8422	11.0565
Taiwanese Dollar	32.69	32.70	33.08

DOW**-22.28****-0.16****14043.73****NASDAQ****+7.05****+0.25****2787.37****S&P 500****-5.01****-0.32****1552.58****Biotech Stocks**

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	56.58	-.26	-17.2
Amylin	48.03	-2.78	+33.2
BiogenIdec	66.42	-1.21	+35.0
Celgene	72.00	-.71	+25.2
ChRvLab	56.28	-.54	+30.1
GenProbe	69.29	+1.08	+32.3
Genentech	77.90	-.38	-4.0
Genzyme	68.37	-.24	+11.0
GileadScis	41.21	-.90	+26.9
Illumina	57.05	-.01	+45.1
Imclone	44.11	-.11	+64.8
Invitrogen	84.28	+.38	+48.9
MillPhar	10.34	+.01	-5.1
QIAGEN	19.60	+.07	+29.5
VertxPh	36.59	-.77	-2.2

"It's a handful of players that got me in that game. I wasn't going to be in. They ... called upstairs and told Al [Saunders] to put me in the game."

— Redskins WR Brandon Lloyd to "The Junkies" radio show on WJFK-FM on Monday morning.



Sports

Swengali

REDSKINS | BY MATT SWENSON



Sean Taylor runs an INT back 35 yards.

How Good Are The Redskins?

AFTER SUNDAY'S GAME at FedEx Field, one has to wonder whether the Redskins are that good or the Lions that bad. Washington's defense made grounding Detroit's high-flying offense look easy in a 34-3 victory.

Without the benefit of blitzing linebackers and safeties, the Redskins' defensive line pounded poor Jon Kitna into submission.

Sean Taylor looked like the targeted receiver on the interception thrown right to him.

How good did things go for Washington? Carlos Rogers actually caught an interception. Even better, he returned it for a touchdown.

Except for one horrible half against the Giants, the Redskins look like one of the better teams in the NFC. Of course, that's like saying you're the prettiest kid in the elephant man's family.

Washington's good defense is certainly real. And though the running attack may not produce a 100-yard game out of one back in a single game, it will rack up the yards and take up time on the clock on most occasions.

Jason Campbell doesn't seem to be the biggest concern passing the ball. He'll be inconsistent at times and brilliant — as he was against Detroit — at other times. But to whom is he going to throw the ball?

Nevertheless, the offense moved the ball well in the second half.

Maybe the Redskins are that good.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Sellers' Story Is a Cautionary Tale

Redskins fullback is a star now, but it hasn't always been so easy

REDSKINS | Somewhere in the middle of the play, Mike Sellers' helmet came off.

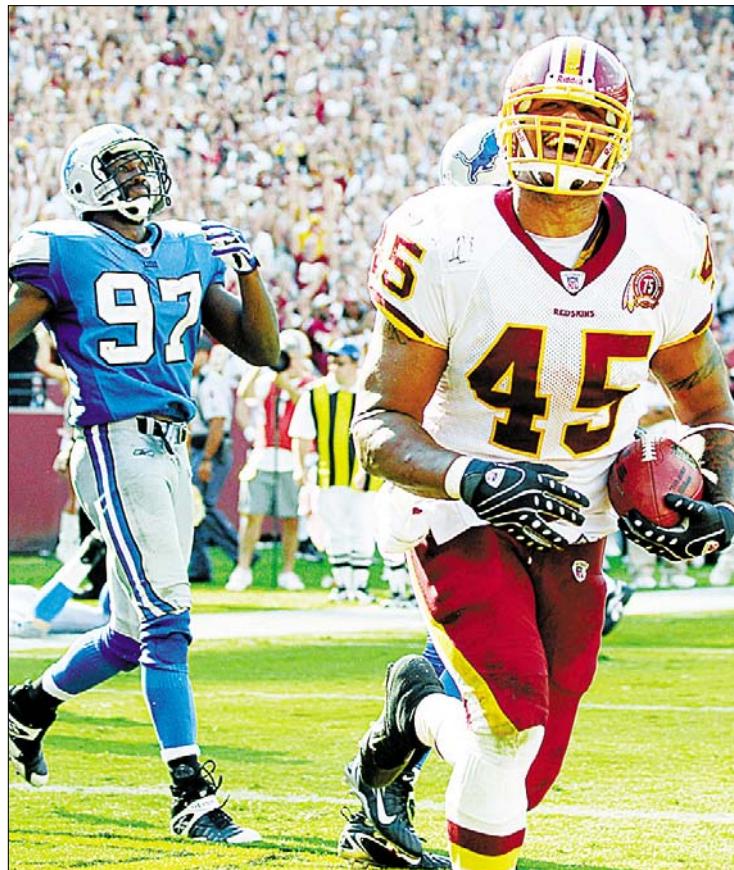
Yet he kept his legs going, powering a scrum that moved forward at least 10 yards and left several bodies in its wake.

Sellers the fullback wreaking havoc with the Washington Redskins? Nope. It was Sellers the tailback in a starring role for the Winnipeg Blue Bombers of the CFL, where he went to serve a two-year exile after legal and attitude problems made him persona non grata in the NFL.

Sellers had his biggest NFL day Sunday. He had five runs for 24 yards and a touchdown, plus three receptions for 36 yards and a score in Washington's 34-3 victory over the Detroit Lions. The eight touches are a career high — unless you count those character reformation days north of the border.

"You've got to take your hat off to Mike for his hard work and for changing the way he was going about his business," center Casey Rabach said. "He really turned his life around."

Sellers has told his story many times, but he doesn't mind repeat-

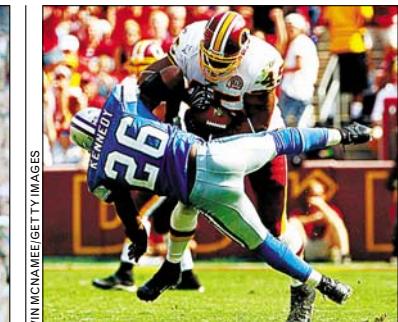


Mike Sellers celebrates one of the two touchdowns he scored against the Lions.

ing it — especially to a young teammate getting full of himself.

The story, in condensed form: Sellers didn't take the SAT because he thought his football talent alone would be enough to get him into a major college. Bad choice. He ended

up settling for Walla Walla Community College in Washington state, quit when his mother became ill and took a job loading Pepsi trucks. Out of nowhere, the Edmonton Eskimos called and signed him at age 19, making him the youngest player



The fullback can still hit. He drilled Lions safety Kenoy Kennedy in Sunday's win.

in CFL history.

He played well enough to earn a look from the Redskins, who signed him in 1998. He was a special teams standout and a versatile offensive weapon for three seasons, then signed a three-year, \$2.4 million contract with the Cleveland Browns. Soon afterward, he was arrested and charged with cocaine possession and numerous misdemeanors after a traffic stop. The Browns released him, even though the criminal charges were later dropped, and he eventually got a call from the Redskins.

"You see a few guys that come in and they're a little cocky, and they remind me a lot of myself," Sellers said. "I just let them know. I tell them what I've been through, just to calm it down. They know I know what I'm talking about."

JOSEPH WHITE (AP)

Redskins Dealing With New Injuries

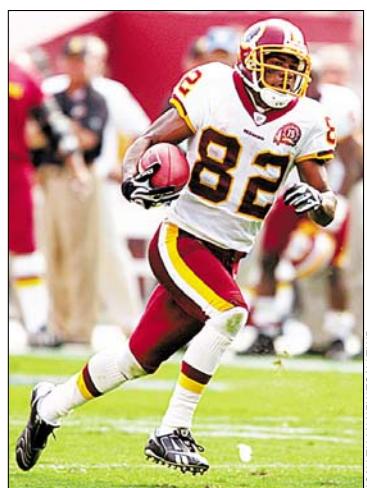
Moss expected to be practicing soon, but others are questionable

REDSKINS | Phillip Daniels wore a sling over his shoulder Monday, and Antwaan Randle El and Marcus Washington were nursing hamstring injuries.

All tried to sound confident they would play next week when the Washington Redskins visit the Green Bay Packers.

"All those guys are kind of questionable," trainer Bubba Tyer said.

Defensive end Daniels separat-



Antwaan Randle El is nursing a mild hamstring strain from Sunday's game.

ed his shoulder in Sunday's 34-3 victory over the Detroit Lions but returned to the game. Receiver Randle El missed the second half with a mild hamstring strain, while linebacker Washington left in the third quarter with a moderate strain.

"Hopefully, I'll get some practice in this week and be able to go against Green Bay," Daniels said. "It's a lot better than I thought I was going to be."

With No. 1 receiver Santana Moss out with a groin injury, Randle El's departure left the Redskins thin at receiver against the Lions.

Nevertheless, quarterback Jason Campbell had his best day as a pro, with a rating (125.3) above 100 for the first time in his young career.

Moss is expected to return to practice Wednesday. Daniels, Washington and Randle El will likely need more time before returning to the field.

"I'm hoping we get some quick heals," coach Joe Gibbs said.

Tyer said Clinton Portis was fine despite a hit to the knee that forced the running back to leave the game temporarily in the first half. (AP)

Late game: The Cowboys-Bills game ended after Express' deadline. For results | Today's Post, Sports



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BRUCE BENNETT/GETTY IMAGES



Center Brooks Laich scores the second of Washington's goals in a 2-1 victory over the Islanders on Monday. The Caps improved to 3-0 for the first time since 2002-03.

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Sports



Center Brooks Laich scores the second of Washington's goals in a 2-1 victory over the Islanders on Monday. The Caps improved to 3-0 for the first time since 2002-03.

Caps Keep Rolling To Start the Year

Kolzig stops 30 shots as Washington wins its 3rd straight game

CAPITALS | Olie Kolzig did what he usually does to the New York Islanders. For the Washington Capitals, that is simply perfect.

Kolzig stopped 30 shots against his favorite opponent and carried the Capitals to a 2-1 comeback victory over the Islanders on Monday to keep Washington undefeated.

The Capitals improved to 3-0 for the first time since the 2002-03 season despite being outshot 31-12. That was the last time they reached the playoffs, and with an improved roster around young star Alex Ovechkin, they have every intention of going back.

"We're going into games expecting to win, where last year we'd go into games saying, 'Let's work hard and see what happens,'" Kolzig said. "It's a totally different

mind-set. We've put pressure on ourselves, but it's pressure that's in a good way."

After former Islanders forward Viktor Kozlov tied it in the second period, Brooks Laich put the Capitals in front in the third.

The Islanders were looking for their first 3-0 start since 2001, but were done in again by Kolzig. The Capitals goalie, in his 17th NHL season — all with Washington — improved to 26-9-2 against the Islanders, the most wins he's had against any opponent.

"We've done a pretty good job the first couple of games of not relying on our goalie to be the star," said Caps coach Glen Hanlon, a netminder for 14 NHL seasons. "We know that he is back there and this was a good reminder."

"If you give him the opportunity where he's played enough games ... then in these types of games he'll come through all the time for us."

IRA PODELL (AP)

TODAY'S TV LINEUP

HOCKEY (7 P.M. ON VERSUS) Thanks to baseball series sweeps, it's a slow night in the world of sports. For a competitive

fix, turn to the world of hockey and check out the Toronto Maple Leafs hosting the Carolina Hurricanes.

277

The number of career interceptions thrown by Packers quarterback Brett Favre, tying the NFL record set by George Blanda. Favre, who threw just two interceptions in the first four games of the year (all wins), threw two in the second half of Green Bay's 27-20 loss to the Bears.

Sports

Massenburg Pursues Another Shot

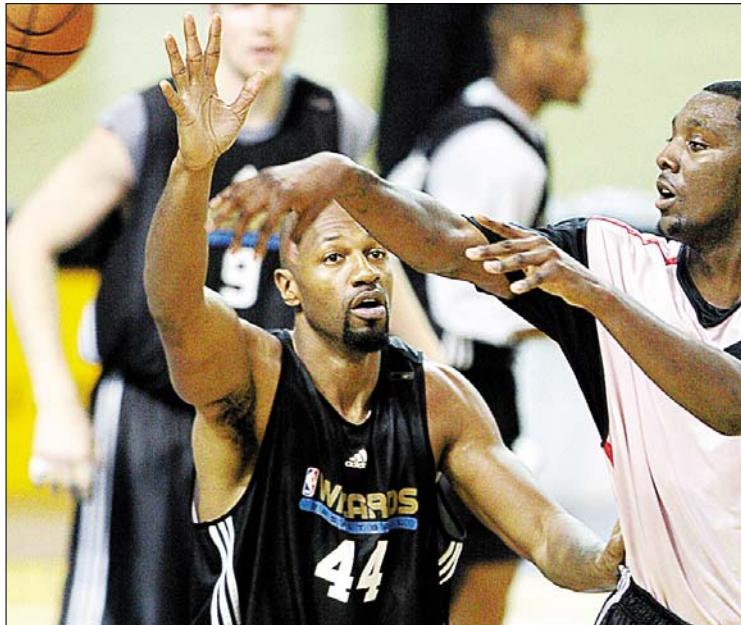
NBA veteran, 40, tries to earn Wizards spot 2 years after accident

WIZARDS | Clap! Clap!

Tony Massenburg slaps his large palms together, twice for emphasis, as he thinks back to that awful night two years ago and describes the cringe-inducing collisions of concrete pillar on car metal, then car metal on his left leg.

He was in his late 30s and a veteran of 12 NBA franchises when he fell asleep at the wheel while driving home at 3 a.m. and crashed, crushing his ankle. Massenburg was 1½ months removed from winning a championship as a reserve with the San Antonio Spurs, his first ring.

So, one might hazard a guess as to what would come next: time to con-



STEVE HELBER/AP

Forward Tony Massenburg, 40, defends youngster Andray Blatche during Wizards training camp. Massenburg is trying to make his 13th team as a professional.

Cal at ASU May Decide Pac-10 in a Crazy Year

After USC's loss, Bears and Devils are the only unbeatens out West

COLLEGE FOOTBALL | When this goofy college football season began, the game of the year on the West Coast was supposed to be Southern California at California on Nov. 10.

That's still a big one. But the game that might decide the Pac-10 is Cal at Arizona State.

Circle the date: Oct. 27.

Thesecond-ranked Golden Bears (5-0, 2-0 Pac-10) and 14th-ranked Sun Devils (6-0, 3-0 Pac-10) are the conference's only unbeatens.

Cal plays Oregon State and at UCLA before it gets to the Sun Devils, who face Washington at home and have a bye week.

Cal-ASU for the Pac-10 title? It became a possibility after a strange Saturday night in Los Angeles.

The Golden Bears had the week off, and the Sun Devils survived at Washington State when the Cougars missed a last-second field goal.

Then Stanford beat USC, and the



DENNIS HALEY

RB Ryan Torain helped Arizona State survive Saturday at Washington State.

result from the Los Angeles Coliseum sent shock waves across town and across the country.

But as bad as the Trojans looked on Saturday night, they also control their own Rose Bowl destiny.

It's not the way Pete Carroll drew it up. But in this goofy season, anything can happen — and already has. ANDREW BAGNATO (AP)

sider himself lucky to be alive. Time to end the odyssey. Time, clearly, to retire. And those thoughts did cross Massenburg's mind in the summer of 2005, but only briefly.

Instead, here's what stuck: time to do whatever it takes to get back in the league.

Which is why Massenburg, now 40, is trying to make the Washington Wizards' roster, trying to latch on with what would be his NBA-record 13th club. The forward will be with Washington on Tuesday for its exhibition opener against the Cleveland Cavaliers.

"I would not have been happy never being heard from again," Massenburg said. "I'm out here because I want to finish what I started. I'm out here because I love the game. And I'm out here because I think that I have something to offer."

That would be a big body — 6-foot-9, 250 pounds, chiseled as can be — and an on-court snarl, two things the Wizards do not have in abundance. He's had an offseason home in the area since graduating from Maryland and has worked out for years at the Wizards' arena.

Ready to Roll

→ After a week of playing against their teammates, the Wizards are ready for some new competition. They get LeBron James and the Cavs on Tuesday. | Today, Sports

IN The Washington Post

That's how Massenburg caught the team's attention, prompting the offer of a non-guaranteed contract shortly before camp.

"They're a little low on bigs," noted Spurs star Tim Duncan, one of Massenburg's many former teammates, "and I think with his experience and his physicality, he'll give them some help." HOWARD FENDRICH (AP)

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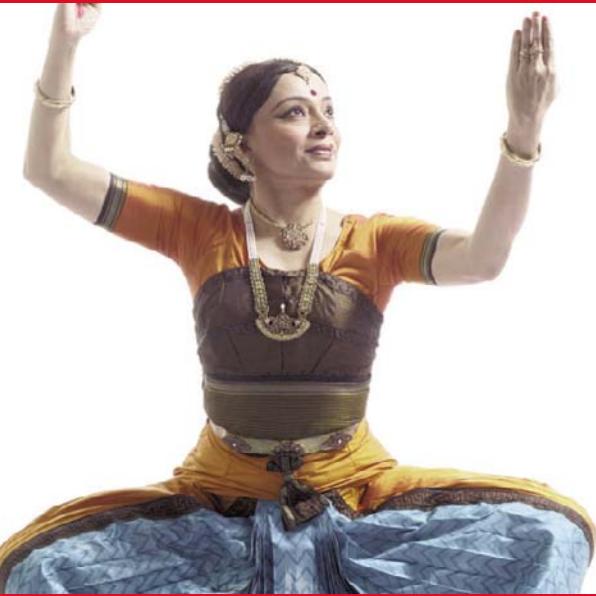
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Thursday October 25 6:40 pm, Panel Discussion on the Role of Indian Arts and Culture in a Gobal Age with **Malavika Sarukkai, Hari Krishnan and Uttara Coorlawala**. 1619 Mass. Ave, NW. **FREE**, rsvp to rsvp@dakshina.org. Co-sponsored by Asia Society and Rama and Arun Deva.

Friday October 26–Sunday October 28, Dance Festival with **Malavika Sarukkai, Anita Ratnam, Hari Krishnan and Aniruddh Vasudevan**. Lincoln Theatre, 1215 U Street NW. Green Line Cardoza Stop. Details are available online. Use coupon code **WP** for \$5 off orchestra tickets (till 10-22-07). Co-sponsored by Dance Place.

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LARGER THAN LIFE: Kirby Puckett was both a jovial World Series hero and an ex-ballplayer disgraced by allegations of domestic violence. That drama fuels "Kirby," a new play that examines Puckett's spectacular rise and fall. It premieres Oct. 13 at the History Theatre in St. Paul, Minn.

Sports

Manager Has Tapped the Rockies

Hurdle gets the best from his MLB team by playing his hunches

BASEBALL PLAYOFFS | Clint Hurdle has played his hunches during the Colorado Rockies' incredible 17-1 streak, and almost every time they've been right.

Managing a mix of mostly young players and a couple of wily veterans, the sixth-year manager said he's listened as much to his gut as he has to his coaching staff.

"Sometimes they work, and sometimes it's indigestion," cracked Hurdle, Colorado's cutup commander who has guided the Rockies into their first NLCS in the franchise's 15-year history.

Hurdle's been popping wads of Bazooka bubble gum into his mouth way more than Rolaids tablets for the last three weeks.

In the wild-card tiebreaker against San Diego, he used 10 pitchers in the Rockies' nearly five-hour win and sent in pinch-runner Jamey Carroll for slugger Garrett Atkins in the seventh. Carroll's sacrifice fly won it in the 13th.

His moves were magnificent in the Rockies' sweep of Philadelphia



ROCKY ROAD: Rockies manager Clint Hurdle struggled in his first five seasons after taking the helm in Colorado in 2002. This season, he's made all the right moves.

in the NL Division Series.

From letting ace Jeff Francis bat in the seventh before pulling him in the bottom half to save a position player, to pinch-hitting for Franklin Morales in the fourth inning of Game 2, which set up Kaz Matsui's grand slam, all his decisions have been golden.

Hurdle has been quick to deflect any praise back onto his players.

"I never get outside of myself to think I'm a difference maker," he said. "These guys are the ones who keep things in place."

After stumbling to a 17-25 start, the Rockies have had the best record in the NL over the last four months and are a major league-best 40-15 at home since June 2. Their 11-game winning streak to get back into the wild-card race last month was the longest in team history and the longest in the majors this season.

Slugger Matt Holliday credited Hurdle for not changing things during a 1-9 trip in June.

"We didn't stop believing in ourselves," Holliday said, "and neither did he." ARNIE STAPLETON (AP)



Jake Delhomme decided on Monday to undergo season-ending elbow surgery.

Delhomme Opted For Surgery, Is Out for the Year

NFL | Jake Delhomme last week called surgery on his strained right elbow "a last resort." After experiencing pain trying to throw on Monday, the Carolina Panthers quarterback decided the worst-case scenario couldn't be avoided.

Delhomme will have season-ending ligament-replacement surgery on his elbow next week, leaving the Panthers without their leader on offense and scrambling to find another quarterback.

Fox said Delhomme is expected to recover in time for the start of next season. The Panthers are left in a precarious position. Delhomme's backup, David Carr, is also banged up, and the only other QB on the roster is undrafted rookie Matt Moore. (AP)

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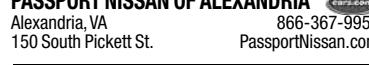


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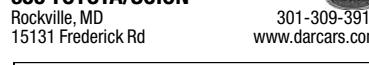
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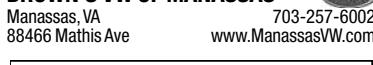
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Entertainment



WE'LL BE WATCHING THEM: The Police, who are currently on a reunion world tour, may record together again, according to drummer Andy Summers. He said it would be "a challenge to make any absolutely brilliant pop album at this stage."

The Man in Uniform

Mark Wahlberg is a conscientious cop in 'We Own the Night'

FUNKY BUNCH | Mark Wahlberg has a new film to promote. After his Oscar-nominated turn as a tough-as-nails Boston cop in Martin Scorsese's Oscar-winning "The Departed," Wahlberg portrays yet another man in blue in "We Own the Night." (The title is a reference to the motto of the 1980's-era NYPD street crimes unit.)

In it, he plays Joe, a decorated New York City Police captain and the son of a prominent deputy chief, who has made it a priority to put a group of Russian drug dealers out of business. It so happens that Joe's younger brother, a fun-loving black sheep, is unwittingly connected to the mobsters: They own the night-club he manages. When the cops raid the club and arrest the mob leader's vindictive nephew, Joe and his family becomes the target of a vendetta.

The police drama reunites Wahlberg with Joaquin Phoenix (who plays his kid brother Bobby) and James Gray, who directed and co-wrote the gritty 2000 crime thriller "The Yards." Gray says he wrote the drama specifically with those actors in mind. He also says he was interested in making a police drama that



SIBLING RIVALRY: Mark Wahlberg, left, and Joaquin Phoenix are brothers with differing priorities in "We Own the Night."

evoked the emotional depth of genre films of the 1970s and counts filmmakers Francis Ford Coppola and Scorsese among his influences.

While Wahlberg was supportive from the outset, he nearly backed out of the project.

"I was having my second child, and I was committed to make another movie," he recalls.

Wahlberg also didn't want to get stereotyped after playing an officer in "The Departed."

"Putting on the uniform just kind

of reminds people of something in the past," he says. So, he hesitated.

Gray was persistent, though, phoning Wahlberg every day for seven months.

"He begged, he cried," recalls the actor. "I felt so bad."

Eventually, Gray was able to work around Wahlberg's schedule.

Arriving at the New York location four weeks into production, Wahlberg had little time to rehearse with Phoenix and Oscar winner Robert Duvall (who plays

their father).

Wahlberg is also the successful producer of the hit HBO series "Entourage." And he and his business partner, Stephen Levinson, have other TV and film projects in the works.

"I want to do something different every time out," he says of his choice of roles. "Right now, I still love what I do, but it can't be all about me forever. I don't want to be the guy that's all about himself."

ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

ABC's 'Cavemen' is about as politically correct as it is funny

FLOP | Well, the good news is we probably won't be subjected to a television show about the Verizon can-you-hear-me-now guy any time soon. Any fears that commercial-inspired comedies are the wave of the future were put to rest by the dismal premiere of ABC's Geico

insurance spokesman-inspired "Cavemen" last Tuesday. You can catch the second episode tonight (8 p.m.), but why would you?

Over the last few months, many called the show racist — heaven knows why unless it was because the cavemen in question referred to themselves as "maggots," had reputations for their athletic and sexual prowess and were surrounded by white people with bad Southern accents who kept mistaking the

cave-characters for the help.

Creators Josh Gordon and Will Speck ("Blades of Glory") and Joe Lawson attempted at first to defend the show as a parody of all stereotypes but in the end, tweaks were made. Tweaks! The word "magger" was excised — as were all references to any assumptions about cavemen, the habits of cavemen, the history of cavemen or pretty much anything interesting at all.

MARY McNAMARA (LOS ANGELES TIMES)

Today's Top Stops

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JOSH RITTER The Future of Folk

1 Singer-songwriter and Idaho native Josh Ritter has gone global, practically living out of his tour bus for the past several years as it cruised across Europe. Now, he takes the U.S. by storm with "The Historical Conquests Of...," his latest album. Ritter brings his powerful lyrics and folksy sound to the 9:30 Club tonight, where he shares a bill with Old School Freight Train.

→ 9:30 Club, 815 V St. NW; 7:30 p.m., \$20; 202-265-0930. (U St.-Cardozo)

JIMMY CARTER Political Legacy



2 Get inked by former President Jimmy Carter at the Bailey's Crossroads Borders tonight, where he'll be signing copies of his new memoir, "Beyond the White House."

→ Borders Books & Music, 5871 Crossroads Center Way, Falls Church; 6 p.m., free; 703-998-0404.

OLIVER MTUKUDZI Afropop Stateside

3 Zimbabwe native Oliver Birchmere tonight with his band, Black Spirits. Mtukudzi performs his blend of Afropop and lounge jazz in the Shona language of Zimbabwe and in English.

→ Birchmere Music Hall, 3701 Mt. Vernon Ave.; Alexandria; 7:30 p.m., \$25; 703-549-7500.

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Nick Kroll and Bill English star in a gimmick gone wild, ABC's "Cavemen."



THE DIRT ON 'THE GOODS': Ving Rhames has joined Jeremy Piven in a comedy feature to be produced by Will Ferrell. "The Goods: The Don Ready Story" centers on a used car liquidator who is hired to save a struggling dealership on July 4.

Entertainment

Artsy Racial Profiling

Arab filmmakers and actors struggle to fight the stereotype

TYPECAST | Arabs and Arab Americans in Hollywood live in an interesting time. The appetite for Middle Eastern stories and themes boomed after Sept. 11, 2001, and grew again with the ongoing grind of the war in Iraq. But the roles suddenly being created for Arab-heritage actors often are limited to those of terrorists or are otherwise so poorly drawn that actors must swallow their pride to take them. And that's if they even get offered the parts.

Some in the community still see the changes as a sign of progress.

"There is more work out there for the Arab actor than 10 years ago," said Ismail Kanater, a Moroccan actor who has been in Showtime's "Sleeper Cell" and the now-canceled Steven Bochco series "Over There." "Even though we get actors complaining about terrorist roles, there is a natural interest in the region. That will open doors."

The enduring dilemma for Arab actors is whether to play terrorist roles. It's often the only work available to them, but it also can leave them feeling guilty or conflicted.

Tony Shalhoub, the Emmy-winning star of "Monk" who's of Lebanese descent, recalled his first television gig playing a terrorist on a 1986 episode of "The



Palestinian director Hany Abu-Assad is known for his film "Paradise Now."

Equalizer." I did it once, and once was enough," he said.

The roles for Arab-heritage actors are often limited or poorly drawn.

Writer-director Hesham Issawi, an Egyptian, said the increase in the quantity of Arab roles hadn't been matched by an increase in quality. "The roles are bigger, the scenes are bigger, the money is better. But it's still a terrorist role." He cited two exceptions:

the terrorist recruiter character in "Syriana," played by Egyptian Amr Waked, and Omar Metwally's part in "Munich." Both were smart, nuanced militant roles, he said. "There's a little more depth. There's more to the characters, and they're not stupid," Issawi said.

One cause for optimism: the surprise success of the 2005 Palestinian film "Paradise Now," a tale of two suicide bombers that was nominated for an Oscar and won a Golden Globe. The film's director, Hany Abu-Assad, has since moved to Hollywood.

"Hany kicked in all the doors," said Nizar Wattad, a young Palestinian American screenwriter and University of Southern California film school graduate who is working with Abu-Assad on his follow-up script. "Now he has to prove he can be marketable. If he knocks one out of the park, it could really open the floodgates."

ASHRAF KHALIL (LOS ANGELES TIMES)



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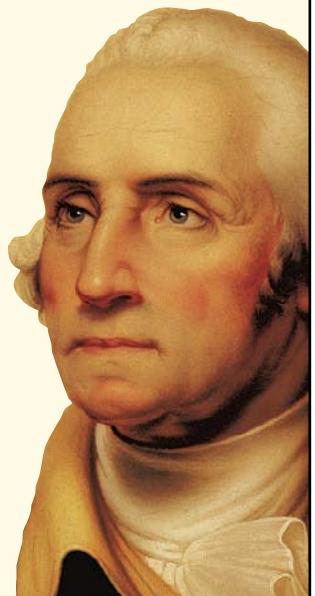
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3:10 TO YUMA (R) - ID REQ'D (330) 640 940
SUPERBAD (R) - ID REQ'D (155 445) 735 1025
HAIRSPRAY (PG) (115) 710*

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★
THE HEARTBREAK KID (R) - ID REQ'D ★ (100 200 345 445) 700
FEEL THE NOISE (PG-13) (245 445) 815 1030
THE SEEKER: THE DARK IS RISING (PG) (130 445) 715 1045
THE GAME PLAN (PG) (145 230 415 500) 715 745 1000 1045
THE KINGDOM (R) - ID REQ'D (130 215 415 530) 730 815 1000 1050
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (115 400) 700 945
GOOD LUCK CHUCK (R) - ID REQ'D (105 310 530) 800 1040
ACROSS THE UNIVERSE (PG-13) (100 345) 645 1015
THE BRAVE ONE (R) - ID REQ'D (145 430) 745 1030
MR. WOODCOCK (PG-13) (245 515) 730 945
RUSH HOUR 3 (PG-13) (115 330) 615 830 1050*

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★
THE HEARTBREAK KID (R) - ID REQ'D ★ (200 420) 700 930
FEAST OF LOVE (R) - ID REQ'D ★ (230 510) 745 940
THE GAME PLAN (PG) (210 430) 700 930
THE KINGDOM (R) - ID REQ'D (220 450) 730 1010
SYDNEY WHITE (PG-13) (200 450) 715 940
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (1240 300 530) 800
GOOD LUCK CHUCK (R) - ID REQ'D (1230 245 515) 745 1000
EASTERN PROMISES (R) - ID REQ'D (1230 300 530) 800 1020
THE BRAVE ONE (R) - ID REQ'D (125 445) 735 1000
MR. WOODCOCK (PG-13) (215 450) 730 1010
THE BOURNE ULTIMATUM (PG-13) (215 450) 730 1010*

Times For 10/9/07 Daily Bargain Matinees In () OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply ©2007

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 650#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★
FEEL THE NOISE (PG-13) (120 150 415 445) 710
THE HEARTBREAK KID (R) - ID REQ'D ★ (1240 305 530) 805 1030
THE SEEKER: THE DARK IS RISING (PG) (250 520) 750 1020
THE GAME PLAN (PG) (130) 720
OC: THE GAME PLAN (PG) (100 350) 650 930
THE KINGDOM (R) - ID REQ'D (110 140 400 430) 700 730 945 1015
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (1245 310 535) 800
FEAST OF LOVE (R) - ID REQ'D (1205 1245) 315 400 630 725 915 1015
GOOD LUCK CHUCK (R) - ID REQ'D (240 515) 810
ACROSS THE UNIVERSE (PG-13) (200 505) 810
EASTERN PROMISES (R) - ID REQ'D (300 540) 815
THE BRAVE ONE (R) - ID REQ'D (210 510) 820
3:10 TO YUMA (R) - ID REQ'D (1240 340) 640 940
SUPERBAD (R) - ID REQ'D (225 545) 825
THE BOURNE ULTIMATUM (PG-13) (125 345) 630 920*

COUNTRYSIDE STADIUM 20
15980 Regal Plaza 800-FANDANGO 394#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★
FEEL THE NOISE (PG-13) (120 130 320 420) 620 710 900 1000
THE GAME PLAN (PG) (1200 1250 150 250 340 440 540) 620 710 900 1000
THE KINGDOM (R) - ID REQ'D (1200 730 830 920 920 920 920)
OC: RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (310) 1010
THE JANE AUSTEN BOOK CLUB (PG-13) (110 420) 705 945
SYDNEY WHITE (PG-13) (140 430)
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (1240 240 520 600 440 540)
GOOD LUCK CHUCK (R) - ID REQ'D (120 440) 745 1020
ACROSS THE UNIVERSE (PG-13) (100 410) 720 1030
THE BRAVE ONE (R) - ID REQ'D (120 410) 700 950
THE BOURNE ULTIMATUM (PG-13) (100 350) 650 950*

725 840 910

FEAST OF LOVE (R) - ID REQ'D (715) 1005

THE GAME PLAN (PG) (1230 130 320 420) 620 710 900 1000

THE KINGDOM (R) - ID REQ'D (1200 1250 150 250 340 440 540)

630 730 830 920 920 920

OC: RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (310) 1010

THE JANE AUSTEN BOOK CLUB (PG-13) (110 420) 705 945

THE HEARTBREAK KID (R) - ID REQ'D (1240 545) 755

GOOD LUCK CHUCK (R) - ID REQ'D (120 200 450) 750 1020

ACROSS THE UNIVERSE (PG-13) (1210 315) 625 930

EASTERN PROMISES (R) - ID REQ'D (115 240 520) 800 1035

IN THE VALLEY OF ELAH (R) - ID REQ'D (1220 330) 640 930

THE BRAVE ONE (R) - ID REQ'D (115 410) 720 1020

MR. WOODCOCK (PG-13) (1215 245 530) 810 1030

(120 415) 700 1000

3:10 TO YUMA (R) - ID REQ'D (110 350) 650 950

THE BOURNE ULTIMATUM (PG-13) (110 350) 650 950

725 840 910

FEAST OF LOVE (R) - ID REQ'D (755) 1030

DAILY BARGAIN MATINEES IN () OC= OPEN CAPTIONED DA= DESCRIPTIVE AUDIO AVAILABLE * PASS / DISCOUNT TICKET RESTRICTIONS APPLY ©2007

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

*FEEL THE NOISE (PG-13) (200 420) 750 1005
THE HEARTBREAK KID (R) - ID REQ'D ★ (100 140 350 430) 650
730 940 1020
GAME PLAN - DIGITAL PROJECTION (PG) (150 440) 740 1010
FEAST OF LOVE (R) - ID REQ'D (345) 920
THE GAME PLAN (PG) (110 400) 700 930
INTO THE WILD (R) - ID REQ'D (120 435) 800
THE JANE AUSTEN BOOK CLUB (PG-13) (145 410) 720 1000
SYDNEY WHITE (PG-13) (105 340) 800
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (130 405) 710 950
GOOD LUCK CHUCK (R) - ID REQ'D (125 445) 755
THE BRAVE ONE (R) - ID REQ'D (645 945)
645 945*

FAIRFAX TOWNE CENTER 10 2000 Century Blvd 800-FANDANGO 455#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★*

*THE HEARTBREAK KID (R) - ID REQ'D ★ (115 215 415 515) 715
800 1015 1045*

*THE SEEKER: THE DARK IS RISING (PG) (130 400) 730 1010
THE JANE AUSTEN BOOK CLUB (PG-13) (120 420) 720 1000
THE GAME PLAN (PG) (115 200 415 500) 715 800 1000 1040
THE KINGDOM (R) - ID REQ'D (130 125 215 430 515) 730 815 1015 1045
FEAST OF LOVE (R) - ID REQ'D (1020 440) 700 950
SYDNEY WHITE (PG-13) (145 440) 740
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (200 440) 740 1020
OC: RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (500) 1030
GOOD LUCK CHUCK (R) - ID REQ'D (140 440) 745 1020
ACROSS THE UNIVERSE (PG-13) (100 410) 720 1030
THE BRAVE ONE (R) - ID REQ'D (120 410) 700 950
THE BOURNE ULTIMATUM (PG-13) (100 400) 700 950
1020 PM*

FAIRFAX TOWNE CENTER 10 9161 Commerce Ctr Dr 800-FANDANGO 570#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★*

*FEEL THE NOISE (PG-13) (230 515) 800 1010
THE SEEKER: THE DARK IS RISING (PG) (145 430) 715 1000
THE HEARTBREAK KID (R) - ID REQ'D ★ (105 445) 445 715
745 1000 1030*

*FEAST OF LOVE (R) - ID REQ'D (100 730 830 920 920 920)
THE GAME PLAN (PG) (130 215 415 515) 700 745 945 1020*

THE KINGDOM (R) - ID REQ'D (130 215 415 500) 645 800 1030

THE JANE AUSTEN BOOK CLUB (PG-13) (200 500) 730 910 1020

*RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (230 815) 800 1045
IN THE VALLEY OF ELAH (R) - ID REQ'D (445) 1010*

EASTERN PROMISES (R) - ID REQ'D (200 430) 700 930

*THE BRAVE ONE (R) - ID REQ'D (115 400) 645 930
3:10 TO YUMA (R) - ID REQ'D (115 400) 650 945
OC: RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (505) 1040*

UA SNOWDEN SQ STADIUM 14 9161 Commerce Ctr Dr 800-FANDANGO 570#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★*

*FEEL THE NOISE (PG-13) (230 515) 800 1010
THE SEEKER: THE DARK IS RISING (PG) (145 430) 715 1000
THE HEARTBREAK KID (R) - ID REQ'D ★ (105 445) 445 715
745 1000 1030*

*FEAST OF LOVE (R) - ID REQ'D (100 730 830 920 920 920)
THE GAME PLAN (PG) (130 215 415 515) 700 745 945 1020*

THE KINGDOM (R) - ID REQ'D (130 215 415 500) 645 800 1030

THE JANE AUSTEN BOOK CLUB (PG-13) (200 500) 730 910 1020

*RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (230 815) 800 1045
930*

GOOD LUCK CHUCK (R) - ID REQ'D (1230 310 530) 750 1015

ACROSS THE UNIVERSE (PG-13) (120 305) 645 930

MR. WOODCOCK (PG-13) (1225 235 445) 655 905

THE BOURNE ULTIMATUM (PG-13) (100 345) 705 945

MANASSAS STADIUM 14 11380 Bullock Drive 800-FANDANGO 490#

*Adv. Tix on Sale WE OWN THE NIGHT (R) - ID REQ'D ★
Adv. Tix on Sale TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) ★*

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Robert S. Chabon, M.D., J.D., Attorney/Pediatrician
Is Of Counsel to the Firm

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(202) 879-7777

AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

THE GAME PLAN (PG) 3:10, 6:20, 9:10
FEEL THE NOISE (PG13) ✓ 1:05, 2:00, 3:40, 5:00, 7:20, 8:00, 10:00, 10:30
THE HEARTBREAK KID (R) ✓ 1:20, 3:00, 4:20, 6:00, 7:00, 9:00, 10:10
THE SEEKER: THE DARK IS RISING (PG) ✓ 2:10, 5:10, 8:10, 10:45
FEAST OF LOVE (R) 1:10, 4:05, 7:25, 10:15
THE GAME PLAN (PG) 2:20, 5:20, 8:20
THE KINGDOM (R) 1:00, 1:40, 2:40, 4:00, 5:40, 5:50, 6:50, 7:50, 8:40, 9:50, 10:40
THE KINGDOM (R) ☐ 1:00, 4:00, 6:50, 9:50
GOOD LUCK CHUCK (R) 1:50, 4:40, 7:10, 9:40
RESIDENT EVIL: EXTINCTION (R) 1:30, 2:50, 4:10, 6:40, 8:30, 9:20
SYDNEY WHITE (PG13) 1:55, 4:45
THE BRAVE ONE (R) 2:00, 5:00, 8:15
MR. WOODCOCK (PG13) 2:15, 4:35, 7:30, 9:55
3:10 TO YUMA (R) 2:55, 8:50
SUPERBAD (R) 5:30

AMC SELECT

ACROSS THE UNIVERSE (PG13) 2:05, 5:15, 8:25
INTO THE WILD (R) 1:15, 4:30, 8:05, 9:30
THE JANE AUSTEN BOOK CLUB (PG13) ✓ 2:15, 5:05, 7:55, 10:35
IN THE VALLEY OF ELAH (R) 5:50
EASTERN PROMISES (R) 1:45, 4:25, 7:25, 10:05

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

THE HEARTBREAK KID (R) ✓ 2:00, 3:00, 4:30, 5:30, 7:00, 8:00
THE GAME PLAN (PG) 2:30, 5:10, 7:40
GOOD LUCK CHUCK (R) 2:40, 5:00, 7:20
RESIDENT EVIL: EXTINCTION (R) 2:50, 5:20, 7:30
THE BRAVE ONE (R) 1:40, 7:10
AMC SELECT

EASTERN PROMISES (R) 3:10, 5:40, 8:10

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

FEEL THE NOISE (PG13) 12:15, 1:00, 2:25, 3:25, 4:35, 5:35, 6:50, 7:50, 9:20, 10:20
THE HEARTBREAK KID (R) 1:35, 4:55, 7:25, 10:05
THE SEEKER: THE DARK IS RISING (PG) 12:30, 2:55, 5:15, 7:35, 10:10
THE GAME PLAN (PG) 1:30, 4:30, 7:00, 9:30
THE KINGDOM (R) 1:25, 2:20, 4:05, 5:05, 6:30, 7:30, 9:00, 10:00
RESIDENT EVIL: EXTINCTION (R) 1:15, 2:15, 3:45, 4:45, 6:15, 7:15, 8:45, 9:45
THE BRAVE ONE (R) 1:25, 3:25, 6:55, 6:55
MR. WOODCOCK (PG13) 12:25, 2:50, 5:00, 7:20, 9:50
RUSH HOUR 3 (PG13) 12:20, 2:30, 4:50, 7:10, 9:40

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

FEAST OF LOVE (R) 1:40, 4:40, 7:30
AMC SELECT

THE ASSASSINATION OF JESSE JAMES BY THE COWARD ROBERT FORD (R) 2:10, 5:10, 8:10
INTO THE WILD (R) 1:30, 2:00, 4:30, 5:00, 7:20, 8:00
THE JANE AUSTEN BOOK CLUB (PG13) 1:50, 4:10, 7:10
IN THE VALLEY OF ELAH (R) 2:00, 7:00
DEATH AT A FUNERAL (R) 2:20, 4:50, 7:50

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

THE HEARTBREAK KID (R) 1:45, 4:30, 7:10
FEAST OF LOVE (R) 1:50, 4:25, 7:10
THE KINGDOM (R) 1:55, 4:20, 7:05
THE BRAVE ONE (R) 1:40, 4:15, 7:00
3:10 TO YUMA (R) 2:00, 4:35, 7:15

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 1:20, 4:05, 6:50, 9:35
FEEL THE NOISE (PG13) ✓ 1:05, 2:00, 3:40, 5:00, 7:20, 8:00, 9:30, 10:15
THE HEARTBREAK KID (R) ☐ 2:30, 5:15, 8:00, 10:30
THE SEEKER: THE DARK IS RISING (PG) 1:00, 3:30, 6:00, 8:30
FEAST OF LOVE (R) 1:40, 4:20, 6:40, 9:10
THE GAME PLAN (PG) 1:50, 4:35, 7:20, 10:05
THE KINGDOM (R) 1:30, 2:50, 4:15, 5:35, 7:00, 8:20, 9:45
THE KINGDOM (R) ☐ 1:30, 4:15, 7:00, 9:45
GOOD LUCK CHUCK (R) 1:05, 3:25, 5:50, 8:10, 10:25
RESIDENT EVIL: EXTINCTION (R) 1:25, 3:50, 6:30, 8:50
SYDNEY WHITE (PG13) 2:20, 5:00, 7:40, 9:15
THE BRAVE ONE (R) 2:40, 7:20, 9:50
3:10 TO YUMA (R) 2:40, 7:50

AMC SELECT

THE JANE AUSTEN BOOK CLUB (PG13) 2:05, 4:50, 7:30, 9:30
EASTERN PROMISES (R) 5:25, 8:00

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

PRESENTED IN DIGITAL PROJECTION

FEEL THE NOISE (PG13) ✓ 5:10, 7:50
THE HEARTBREAK KID (R) ☐ 1:45, 4:20, 7:00, 9:30
THE SEEKER: THE DARK IS RISING (PG) ✓ 4:45, 7:15
THE GAME PLAN (PG) 4:30, 7:10
THE KINGDOM (R) 2:00, 5:00, 7:40
GOOD LUCK CHUCK (R) 1:00, 3:20, 5:40, 8:00
RESIDENT EVIL: EXTINCTION (R) 1:15, 3:15, 7:40
RUSH HOUR 3 (PG13) 2:10, 7:35, 9:50

AMC SELECT

ACROSS THE UNIVERSE (PG13) 1:10, 4:05, 7:05, 10:10

THE JANE AUSTEN BOOK CLUB (PG13) ✓ 1:30, 4:10, 6:45, 9:25

IN THE VALLEY OF ELAH (R) 4:40
EASTERN PROMISES (R) 9:55 PM

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

PRESENTED IN DIGITAL PROJECTION

THE GAME PLAN (PG) 1:30, 4:10, 6:50, 9:30
FEEL THE NOISE (PG13) ✓ 1:45, 4:05, 6:10, 8:25, 10:35
THE HEARTBREAK KID (R) ☐ 1:40, 2:40, 4:20, 5:20, 7:00, 8:00, 9:40, 10:30
THE SEEKER: THE DARK IS RISING (PG) ✓ 4:45, 7:15
7:20, 10:00
FEAST OF LOVE (R) 3:50, 9:35
THE GAME PLAN (PG) 2:30, 5:10, 7:50, 10:20
THE KINGDOM (R) 1:50, 2:50, 4:30, 5:30, 7:10, 8:10, 9:50, 10:50
THE KINGDOM (R) ☐ 2:50, 5:30, 8:10, 10:50
GOOD LUCK CHUCK (R) 2:00, 4:35, 7:25, 10:05
RESIDENT EVIL: EXTINCTION (R) 1:55, 4:25, 7:15, 9:55
SYDNEY WHITE (PG13) 2:20, 4:55, 7:35

AMC SELECT

ACROSS THE UNIVERSE (PG13) 3:35, 6:45, 9:55
INTO THE WILD (R) ✓ 3:30, 7:05, 10:20

THE JANE AUSTEN BOOK CLUB (PG13) ✓ 2:15, 5:00, 7:30, 10:10
EASTERN PROMISES (R) 1:00, 6:40

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

THE HEARTBREAK KID (R)

2:15, 4:45, 7:15

THE SEEKER: THE DARK IS RISING (PG) 3:00, 5:30, 7:55

FEAST OF LOVE (R) 2:20, 4:40

THE GAME PLAN (PG) 2:00, 4:30, 7:10

GOOD LUCK CHUCK (R) 2:50, 5:10, 7:40

THE BRAVE ONE (R) 2:40, 5:20, 8:00

THE BOURNE ULTIMATUM (PG13) 2:10, 4:50, 7:30

LOEWS DUPONT 5

1350 19th St.
1-800-FANDANGO #711

THE KINGDOM (R) 4:15, 7:00

THE BRAVE ONE (R) 4:30, 7:15

SEND A BULLET (NR-NOT RATED) 4:45, 7:30

THE BOURNE ULTIMATUM (PG13) 5:00, 7:45

AMC SELECT

NO END IN SIGHT (NR-NOT RATED) 5:15, 8:00

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE KINGDOM (R) 2:30, 5:15, 8:00

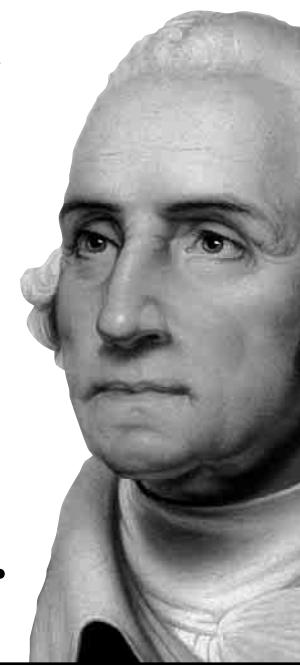
Times for Tuesday, October 9, 2007

10914

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MORE NAVEL-LESS DUDE! ABC Family has ordered a third season of "Kyle XY." The show stars Matt Dallas as the boy with no belly button who appears in the woods totally unaware of the complexities of human behavior.

Television

ON TV TONIGHT

AWARENESS MONTH

The documentary **DEAR TALULA** (7:30 p.m., Cinemax) follows one woman's struggle with breast cancer.

BREAKFAST SANDWICH?

The devil, the flesh and a toaster on **REAPER** (9 p.m., CW).

HUNGER CRISIS

The documentary **WE FEED THE WORLD** (9:35 p.m., Sundance) examines the pressures that a globalized economy puts on agriculture.

SABRINA, ALL GROWN UP

A troubled teen's teacher (Melissa Joan Hart) falls under suspicion on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

VICK'S OTHER HOBBY

The firm puts cockfighting on trial on **BOSTON LEGAL** (10 p.m., ABC). **KEN McDONOUGH** (UNITED FEATURE SYNDICATE)



FAMILY AFFAIR: Jimmy Smits, center, and his sizable Cuban clan on "Cane."

BOSTON LEGAL

Alex puts Frank to the test on **CANE** (10 p.m., CBS). **KEVIN McDONOUGH** (UNITED FEATURE SYNDICATE)

STRICTLY BUSINESS

Alex puts Frank to the test on **CANE** (10 p.m., CBS). **KEVIN McDONOUGH** (UNITED FEATURE SYNDICATE)

Journey of Life

A filmmaker explores the human experience at 7-year intervals

REAL GOOD | If you watch only one program this week, don't miss "49 Up" on "P.O.V." (10 p.m., PBS). The seventh in director Michael Apted's ("Coal Miner's Daughter") "Up" films, this remarkable documentary continues one of the most intense and intimate character studies in the history of television.

Back in 1964, Apted and his crew interviewed a group of 7-year-old students from a diverse cross-section of British society for the film "7 Up."



AGING: Michael Apted began filming his subjects at age 7. They are now 49. **PBS**

Since then, he's caught up with them every seven years for documentary updates, "14 Up," "21 Up," etc.

Apted's "kids" are now 49. Hairlines have taken a beating, and waists have thickened. Many are parents and grandparents. Some divorced and others soldiered through marriages that seemed rather rocky in the earlier films.

Apted's "Up" films are so well-known that they've even been parodied on "The Simpsons." While created for the British Granada network, they have long transcended mere television. Critic Roger Ebert considers the series to be among the 10 greatest films of all time. Together, the "Up" films set a gold standard for the documentary genre and fulfill the promise of what "reality TV" can be. **KEVIN McDONOUGH** (UNITED FEATURE SYNDICATE)

	10:9:07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS													
WRC	4	News (N) EE		NBC Nightly News	Access Hollywood	The Singing Bee	The Biggest Loser (N) EE			Law & Order: Special Victims Unit (N)	News (N) EE	Tonight Show	
WTTG	5	News (N)	TMZ (N) EE	The Simpsons EE	Seinfeld EE	Bones "Death in the Saddle" (N)	House "97 Seconds" (N) EE			News (N)	News (N)	TMZ EE	
WJLA	7	News (N) EE	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Cavemen (N) EE	Carpoolers (N) EE	Dancing With the Stars (S Live) EE	(:02) Boston Legal (N) EE	News (N) EE	News (N) EE	(:35) Nightline (N)	
WUSA	9	News (N) EE	Evening News	News	Entertainment	NCIS "Ex-File" (N) EE	The Unit (N) EE	Cane "The Two Alex Vegas" (N) EE	News (N) EE	Late Show			
WDCA	20	Judge Judy (N) EE	Judge Joe Brown	King of Queens	King of Queens	The Academy (N) EE	Jail (N) EE	Jail EE	Every-Raymond	King of the Hill EE	Law & Order: Criminal Intent EE		
WMPT	22	The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors-Class	Nova "Secrets of the Samurai Sword"	P.O.V. A group of adults whose lives have been documented embark on their 49th birthdays. (N)						Smart Travels	
WETA	26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Secrets of the Samurai Sword"	Supernatural Science EE	P.O.V. "49 Up" (N) EE						
WHUT	32	World Business	Tavis Smiley EE	BBC World News	Moneywise	Mystery! EE (DVS)	Adrift EE		BBC World News	Tavis Smiley EE	Charlie Rose (N) EE		
WDCW	50	My Wife and Kids	Family Guy EE	Two/Half Men	Friends EE	Beauty and the Geek (N) EE	Reaper "All Mine" (N) EE		Family Guy EE	Friends EE	Two/Half Men	Sex and the City	
BASIC CABLE													
A&E	Cold Case Files EE		CSI: Miami "Losing Face" EE	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel		
Animal	The Crocodile Hunter EE		Natural World "Caribou and Wolves"	The Heart of a Lioness EE	Corwin's Quest "The Camel's Hump"	Animal Precinct "Love Conquers"						Natural World "Caribou and Wolves"	
BET	106 & Park: BET's Top 10 Live EE		Hell Date EE	Sunday Best EE	Exalted (N) EE	Movie Special (N) EE						Take the Cake (Live) EE	
Bravo	Top Chef "Manhattan Project" EE		Top Chef EE	Top Chef EE	Queer Eye "Julie & Phil D." (N) EE	Queer Eye "Roth Family" (N) EE						Top Chef EE	
Comedy	(5:00) ** "Dr. Jekyll and Ms. Hyde"	Scrubs EE	Scrubs EE	Daily Show	Colbert Report	Mind of Mencia	South Park EE	Dave Chappelle: Killin' Them Softly	Daily Show	Colbert Report			
Court	World's Wildest Police Videos EE	Cops EE	Cops EE	Cops EE	Cops EE	The World's Scariest Police Chases 5	Best of Hot Pursuit: Worst					The Investigators Suicide claim.	
Discovery	How It's Made	How It's Made	Futureweapons "Mission Invisible"	Dirty Jobs "Hot Tar Roofer" EE	Dirty Jobs Pouring foundations EE	Last One Standing "Brazil"						Dirty Jobs "Micro Algae Man" EE	
DISCH	Code Blue "Long Hours, Late Nights"	Honey We're Killing the Kids EE	Mystery Diagnosis: Survivors EE	The Truth About Food EE	Jon & Kate Plus 8	Jon & Kate Plus 8	Mystery Diagnosis: Survivors EE						
Disney	Cory in the House	Cory in the House	Hannah Montana	Zack & Cody	"Halloweentown High" (2004) Debbie Reynolds. EE	Life With Derek	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana			
E!	(5:00) THS Investigates Kidnapping	E! News (N)	The Daily 10 (N)	Celebrity Divorces	Girl Next Door	Girl Next Door	Kimora: Life in the Fab Lane	E! News	Chelsea Lately (N)				
FX	** "Wrong Turn" (2003, Horror) Desmond Harrington, Eliza Dushku, * "White Noise" (2005, Suspense) Michael Keaton, Chandra West. Premiere.							Damages "I Hate These People" (N)	(:05) Damages "I Hate These People"				
HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Decorating Cents	24 Hour Design	House Hunters	Secrets That Sell	House Worth?	Hidden Potential	
Family	8 Simple Rules EE	8 Simple Rules EE	Grounded for Life	Grounded for Life	Lincoln Heights (N) EE	America's Funniest Home Videos EE	America's Funniest Home Videos EE				The 700 Club EE		
History	Alaska's Bermuda Triangle	Modern Marvels: Nature's Engineers	Modern Marvels: Aluminum EE	The Universe EE								The Search for Life on Mars	
Lifetime	Reba EE	Reba EE	Still Standing EE	Still Standing EE	Reba EE	Reba EE	** "Amber Frey: Witness for the Prosecution" (2005) Jane Moloney. EE				Will & Grace EE	Will & Grace EE	
MTV	America's Next Top Model EE	America's Next Top Model EE	America's Next Top Model EE	America's Next Top Model EE	America's Next Top Model EE	A Shot of Love With Tila Tequila EE	A Shot of Love With Tila Tequila EE				The Real World	The Real World	
NICK	Zoey 101 EE	Ned's School	Ned's School	Drake & Josh EE	SpongeBob	Drake & Josh EE	Home Improve.	Home Improve.	George Lopez EE	George Lopez EE	Fresh Prince	Fresh Prince	
SCIFI	Stargate SG-1 "Homecoming" EE	Dead Like Me	George's first kiss. EE	Eureka "Phoenix Rising" EE	Eureka Climate changes. EE	ECW John Morrison returns. (Live)					Flash Gordon "Revelations" EE		
SPIKE	Star Trek: Voyager "State of Flux" EE	CSI: Crime Scene Investigation EE	CSI: Crime Scene Investigation EE	CSI: Crime Scene Investigation EE	CSI: Crime Scene Investigation EE	CSI: NY "YoungBlood" EE	CSI: NY "YoungBlood" EE						
TBS	Friends EE	MLB Baseball National League Division Series Game 5 -- Colorado Rockies at Philadelphia Phillies. (S Live) EE				MLB Baseball: NLDS Game 5 -- Cubs at Diamondbacks							
TLC	Property Ladder EE	David Blaine: Frozen in Time EE	Really Reckless Drivers	Car chases.	LA Ink Kim wants to start dating.	LA Ink Kat meets a man. (N)							
TNT	Law & Order "Good Faith" EE	Law & Order "Bling" EE (DVS)	Cold Case "A Perfect Day" EE	Cold Case "Frank's Best" EE	Cold Case "8 Years" EE	Cold Case "Detention" EE							
USA	Law & Order: Special Victims Unit EE	Law & Order: Criminal Intent EE	Law & Order: Special Victims Unit EE	Law & Order: Special Victims Unit EE	Law & Order: Special Victims Unit EE	** "How to Lose a Guy in 10 Days" (2003) Kate Hudson, Adam Goldberg.							
VHI	America's Most Smartest Model EE	I Love New York EE		VH1 Hip-Hop Honors	Awards honoring rap performers. EE	America's Most Smartest Model EE						Hogan Knows	
SPAN													
TELEM	Daniela	Noti-Telemdo	12 Corazones	Madre Luna	La Esclava Isaura	Pecados Ajenos							
UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Amar sin Límites	Destilando Amor	S.O.S. Sexo y Otros Secretos							
SPORTS													
ESPN	SportsCenter (Live) EE			2007 World Series of Poker (Taped)	2007 World Series of Poker (Taped)	The Contender (N)							
ESPN2	NASCAR Now	Football Live	NFL Live EE	Madden Nation	NFL's Greatest Game From Jan. 14, 1996. (N) EE	NFL's Greatest Game (N) EE							
CSN	SportsNite EE	SportsNite EE	NBA Preseason Basketball	Washington Wizards at Cleveland Cavaliers. (Live)		SportsNite EE	SportsNite (Live) EE					Washington Post Live	
NEWS													
CNN	Lou Dobbs Tonight EE		The Situation Room	Out in the Open	Larry King Live EE	Anderson Cooper 360 EE							
FNC	Special Report (Live) EE		The Fox Report With Shepard Smith	The O'Reilly Factor (Live) EE	Hannity & Colmes (Live) EE	On the Record-Van Susteren						The O'Reilly Factor	
MSNBC	Tucker		Hardball EE	Countdown With Keith Olbermann	Presidential Debate Dearborn, Mich.							The Runaways Golden Gate Park.	
MOVIES													
AMC	** "Sister Act" (1992, Musical Comedy) Whoopi Goldberg. PG EE		*** "Scent of a Woman" (1992, Drama) Al Pacino, Chris O'Donnell. A blind man introduces a student to life's pleasures. R EE									Sea of Love R	
TCM	(5:15) **** "Funny Girl" (1968, Musical) Barbra Streisand. G EE		*** "Hello, Dolly!" (1969, Musical Comedy) Barbra Streisand, Walter Matthau. Premiere. G EE		**** "How to Murder Your Wife" (1966) Jack Lemmon.								
HBO	"Star Wars: Ep. III"	Five Days (N) EE (Part 1 of 5) EE	Five Days (N) EE (Part 2 of 5) EE	**** "Blood Diamond" (2006, Adventure) Leonardo DiCaprio, Jennifer Connelly. R EE								Tell Me You	
MAX	(5:45) *** "X-Men: The Last Stand" (2006) PG-13 EE	Dear Talula (N) EE	(:05) **** "Nobody's Fool" (1994, Drama) Paul Newman. R EE		* "Waist Deep" (2006) Tyrese Gibson. R EE							Kinky Sox Club	
SHOW	*** "Lock, Stock and Two Smoking Barrels" (1998) Jason Flemyng. R	Brotherhood (ITV)	Cousin returns. EE	Dexter "Waiting to Exhale" (ITV) EE	Weeds (ITV) EE	Weeds (ITV) EE	Californication EE					Californication EE	
TMC	** Last Holiday EE (25) *** "Tender Mercies" (1983) Robert Duvall. PG	★★ "Off the Black" (2006) Nick Nolte. Premiere. R	(:45) ★ "Boyn顿 Beach Club" (2005) Dyan Cannon. Premiere. R									Bad News Bears	
STARZ!	(5:40) ** "An Unfinished Life" (2005) Robert Redford.	* "Zoom" (2006, Comedy) Tim Allen. PG EE	★★ "Déjà Vu" (2006, Suspense) Denzel Washington. PG-13 EE									(:15) ★ "Step Up" (2006) PG-13	
ENCORE	(:15) ★ "Mailrats" (1995, Comedy) Shannen Doherty, Jason Lee. R EE	* "Inspector Gadget" (1999) Matthew Broderick. PG	★★ "Junior" (1994, Comedy) Arnold Schwarzenegger. PG EE									Sleepless In	

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Ford 1969 Mustang—\$12K, Good cond, 84k mi, Black int, Red ext, 2 dr, Cass, Auto, needs the love of a car enthusiast to finish the job. 703-472-3381

Honda 1996 Accord—LX, \$4000 obo, Good cond, 122k

LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Travel

Libya's splendors are within reach for determined tourists

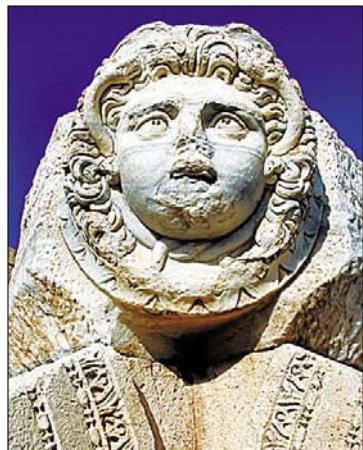
From thousands of miles of pristine Mediterranean coastline to sweeping desert sand dunes and ancient ruins that rival Greece's and Italy's, Libya has a lot to offer travelers looking for a rare, off-the-beaten path destination — but obstacles remain.

United Nations sanctions kept tourists from visiting this North African country for more than a decade. Now the former pariah state best known for its eccentric leader, Moammar Gadhafi, is slowly opening its doors as it tries to shed its rogue state status.

A new airport is in the works for the capital of Tripoli. The national airline, Afriqiyah Airways, is buying new Airbus planes, and earlier this month, one of Gadhafi's sons announced a sweeping plan to promote ecotourism in the pine and olive-tree filled Green Mountains in northeastern Libya, saying it was time for the oil-dominated country to diversify its economy.

"Libya used to be just oil, but now we have another way for the future — tourism. And Libya is still [a] virgin," said Ibris Saleh Abdusalam, a Libyan tour guide.

Despite the plans and promises, however, tourists seeking a convenience-filled, luxury vaca-



tion should beware — Libya's tourism industry is still far behind its Mediterranean neighbors'. ATMs are scarce and often unreliable, and the decor of many hotels is straight out of the 1970s.

"Libya has tremendous potential. ... But Libya is still in its infancy and needs to develop infrastructure and facilities," said Amr Abdel-Ghafar of the U.N. World Tourism Organization in Madrid.

Just getting inside Libya may be the most difficult part of the journey — especially if you're American.

U.S. passport holders can't apply for a tourist visa in the U.S. and must send their application to a Libyan embassy elsewhere. Even if all the paperwork is completed ahead

INSIDE

Stella McCartney is cloggin' the fashion scene | 35



Live Online: Wilbon on the Redskins | 36

He's Shy: Ang Lee doesn't want to talk | 38



ROCK SHOW: Ancient ruins such as Medusa's head in limestone, left, and Roman-era tombs, above, can be found all over Libya.

Access Granted

of time, the visa rules are subject to change without notice.

Once inside, Libyans are welcoming, often giving curious looks and friendly "hellos" to Westerners. And the sites — both natural and man-made — are spectacular.

On the northwestern coast, about 75 miles east of Tripoli, is Leptis Magna, among the most sig-

nificant cities of the Roman Empire. The well-preserved ancient limestone city features towering columns and arches, temples, a theater and bathhouses.

Then there is the great Sahara Desert, which covers more than 90 percent of the country. Among its many features is the small oasis city of Ghadames, which was a notable

stop on ancient trade routes. Gerd Juetting, who has traveled

“Libya used to be just oil, but now we have another way for the future — tourism.”

IBRIS SALEH ABDUSSALAM, GUIDE

to Libya in a tour group, believes now is the time to see Libya.

"People would ask us, 'Why Libya?'" Juetting said. "But the only way to see Roman and Greek settlements from back then is to come. ... We now hope we can go back home and tell people about this." ANNA JOHNSON (AP)

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Unfamiliar Favorites

Food

Exotic condiments are an alternative to ketchup and mustard

For years, ketchup was Natasha White's condiment of choice, dressing her eggs, potatoes and any other greasy food. Then she discovered something new.

"I never liked Tabasco, but one of my closest friends is Korean and she introduced me to Sriracha sauce," White said. One summer, she says, "we put it on everything."

Highly specific hot sauces, artisanal soys and complex chutneys are challenging the supremacy of America's favorite condiments. The big three — ketchup, mayonnaise and mustard — are slowly moving to the back of the nation's refrigerators.

"Every other kind of condiment in the country has become more prevalent," said John Willoughby, executive editor at Gourmet



Exotic condiments like chutney, tapenade and hot sauces are big sellers in the U.S.

magazine. "We are looking for stronger tastes and more unique flavors."

With a world of flavors to explore, here are some exciting tastes worth trying:

→ **ARTISANAL SOY SAUCES:** These

salty potions made from steamed soy beans are delicately crafted and aged, some in barrels for more than a hundred years. They are to Japanese cuisine what fine oils and vinegars are to European fare.

→ **CHUTNEYS:** It's a quick way to add a lot

Every other
kind of condiment
has become more
prevalent. We are
looking for stronger
tastes."

JOHN WILLOUGHBY, GOURMET MAG

of flavor to something, [which] ketchup and mustard can't do," Willoughby said. "As people are looking for quicker ways to cook meals, they have become a good way for a shortcut."

→ **ROASTED RED PEPPER SPREAD:** These spicy or sweet chunky spreads indigenous to India have been adapted to Western tastes for hundreds of years, especially in Great Britain, which has a long love affair with Indian food.

Companies such as Stonewall Kitchen and New York-based Hampton Chutney now stock the shelves of gourmet grocers — and a lot of regular supermarkets, too, — with flavors such as mango, cilan-

tro and peanut.

→ **PICKLES:** These are so beyond the jars of bread and butter pickles you toss on your burger. Pickling, especially of less common items such as carrots, green beans and okra, is turning into big business for some companies.

New York-based Rick's Picks pickles in unusual brines seasoned with paprika, rosemary, lime and ginger. The company has seen profits triple every year since starting in 2004 and now ships 10 different pickled vegetables to roughly 400 shops nationwide.

→ **ROASTED RED PEPPER SPREAD:** This staple of Eastern European and Middle Eastern cultures has become hugely popular as a sandwich spread or addition to sauces. It is made from pureed fire-roasted red peppers mixed with olive oil, spices and other ingredients, such as eggplant.

→ **HOT SAUCES:** "[Hot sauces] are becoming more condiment-like," says Jim Kelley, founder of Savannah, Ga.-based hot sauce dealer Mo Hotta Mo Betta. "They are becoming something that you can eat at every meal. They are hot, but not so hot that they burn you."

Innovative hot sauces now come spiked with all manner of seasonings, including wasabi, habanero, and even pineapple.

PERVAIZ SHALLWANI (AP)

5 Day Forecast for the Washington Area



92°



63°



82° / 60°



77° / 57°

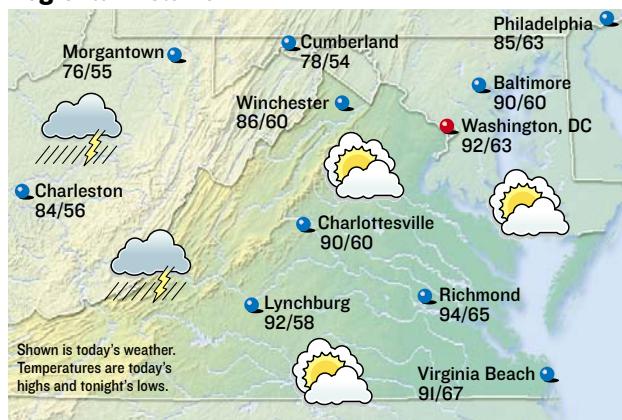


68° / 52°



68° / 52°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	88°
Low	68°
Normal high	71°
Normal low	53°
Average humidity	75%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	Trace
Normal month to date	0.90"
Year to date	21.64"
Last year to date	38.24"
Normal year to date	30.95"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, partly sunny, record heat. High 92.

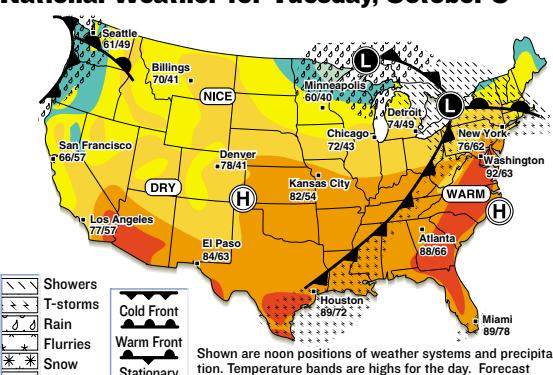
Wind southwest 4-8 mph. Tonight, an evening thunderstorm, partly cloudy. Low 63.

Sun and Moon

Sunrise today	7:11 a.m.
Sunset tonight	6:39 p.m.
Moonrise today	5:39 a.m.
Moonset today	5:49 p.m.



National Weather for Tuesday, October 9



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	88/66/pc	86/59/pc	Amsterdam	58/49/c	61/45/pc
Boston	66/51/c	62/54/r	Athens	77/68/t	76/65/c
Chicago	72/43/pc	56/45/sh	Berlin	57/44/s	59/44/pc
Dallas	86/65/pc	85/68/s	Buenos Aires	63/54/r	66/55/pc
Denver	78/41/s	80/47/s	Calgary	57/37/pc	57/36/c
Honolulu	87/73/s	84/63/s	Dublin	59/50/sh	64/52/pc
Los Angeles	77/57/s	76/59/pc	Geneva	65/41/c	54/44/r
El Paso	84/63/s	88/77/pc	Moscow	46/40/r	47/37/r
Miami	89/78/pc	88/77/pc	Rome	73/57/pc	73/54/pc
New York City	76/62/t	69/61/r	Sydney	69/57/s	73/63/pc
Orlando	90/72/pc	88/69/pc	Tokyo	71/61/r	67/57/r
Seattle	61/49/r	59/46/sh			

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

Look out

Move Over, Vera

Sure, Wang may have Kohl's. But Stella has Adidas, H&M

In the new world of fashion marketing, it's all about flooding the zone.

Brands like Stella McCartney have understood that glossy magazine advertisements are no longer the most effective way of reaching their audience. Instead, they are using methods like street pamphleteering, Web sites and link-ups with other firms to trumpet their presence.

McCartney, who showed her spring-summer ready-to-wear collection in Paris on Thursday, has inked deals with Adidas for sportswear, LeSportsac for bags and Ben-don for lingerie, as well as creating limited editions for high street retailers H&M and Target in Australia.

"Without visibility today, a luxury brand is not a luxury brand," said Cedric Charbit, general merchandise manager of women's fashion at the French department store chain Printemps.

"So, I think it's pretty smart, and it speaks to Stella McCartney's audience, which rejects the current codes of the luxury sector because they are too ostentatious and too obvious," he added.

At Thursday's Stella McCartney show, guests including her father, former Beatle Sir Paul McCartney, singer Lily Allen and rapper Kanye West watched as models paraded in floaty floral dresses and featherweight paisley-patterned all-in-ones with a '70s feel.

Wearing loose hair and just a slick of lip balm, they emerged in front of a wall of green plants wearing billowing separates made from washed parachute silks in gentle tones of sky blue and dusty beige.

The British designer used techniques like block-printing and quilting to give her outfits a hippie-luxe feel, emphasized by hand-carved wooden clogs.

But her training on Savile Row,



Get served: wearable jackets (above) to cute Adidas tennis gear (right).

the London hub of made-to-measure men's suits, was also evident in a cream single-breasted tuxedo suit.

Model Twiggy, the face of the swinging '60s, said McCartney was carrying on the tradition of cutting-edge British designers like Ossie Clark, Bill Gibb and Barbara Hulanicki, who designed the cult label Biba in the 1970s.

"Where she's brilliant is that there were lots of things that I probably wouldn't wear because it's not my age group, but then she throws in the jackets and the suits that everyone can wear," said the 58-year-old.

"It's fun to see mad things that nobody can ever wear, but how wonderful to see a show that's exciting like that and women can wear them," Twiggy added.

McCartney's pragmatic approach to dressing is beginning to pay off. Figures released last week showed her label posted its first profit in 2006, a year before the deadline imposed by its parent, Gucci Group.

The results show it is possible to succeed at the top-tier luxury level without using leather or fur, providing you are a little creative.



FRANCOIS GUILLOT/AFP/GETTY IMAGES; SANGTAN/AP



So funky: McCartney outfitted her models in clogs with compensated heels.

McCartney is a vegetarian and recently staged an online animal rights protest in the Internet-based virtual world Second Life.

"For a brand like Stella McCartney to perform in luxury fashion today without using leather is not easy," noted Charbit.

"So, I think their strategy of doing Adidas, launching perfumes and collaborating with H&M is also a way of saying: 'I exist,' without pushing a handbag like everyone else does with their 'It' bags."

JOELLE DIDERICH (AP)

Fragrance



Leaving a Subtle Marc

Marc Jacobs' new perfume, DAISY (\$55-\$70, Sephora.com), resembles a woman of class and poise: She enters a room with a quiet refined dignity, with no need to brashly announce her presence. Soon, however, the subtle mixture of jasmine, violet, citrus (with a hint of vanilla) gently and slowly invades one's senses. It's not overpowering or, despite its moniker, very flowery, but is as flirty as a cool summer breeze caressing your body as you sun yourself in a patch of, er, daisies. KRIS CORONADO (EXPRESS)

Beauty



Beat Your Brows

Eyebrows are the red-headed stepchildren of the eyes, constantly ignored in favor of lashes and lids. Lorac's TAKE A BROW kits (for four hair colors, \$22, Sephora) give them the attention they crave. Slide out the tray inside the credit card-size sleeve to reveal two brown shadows, wax and a weensy angled brush; the latter is nice for purses, but a full-size one works best. We had good luck filling in light-colored or sparse forehead fringe using the light shade as a base, the darker one as an accent, then sealing it with the wax. HOLLY J. MORRIS (EXPRESS)

Lookout Online

 readexpress.com

site specifics

BOOKS

Royal Poetic License

King Arthur couldn't have drawn it up better on his Round Table, but Simon Armitage came to translate the Middle English lyric poem "Sir Gawain and the Green Knight" by coincidence. Express contributor Aaron Leitko talked to Armitage before his Tuesday reading at Olsson's in Alexandria. | COMING UP



FREE RIDE

Glut Feeling

When a Whole Foods comes to town, most local grocers get a little shaky. Not the group at the Glut co-op in Mount Rainier—they say their style and substance will keep customers coming back. What's behind their confidence? Contributor Erin Zimmer investigates. | COMING UP



ENTERTAINMENT

Oy, Punk!

Like any young Jewish writer, Steven Lee Beeber struggles in his book with questions of identity and expression. Express' Arion Berger spoke with Beeber about "The Heebie-Jeebies at CBGB's: A Secret History of Jewish Punk" before his Tuesday appearance at the Black Cat. | COMING UP

comment board

No. He left a path of death and destruction throughout the Caribbean and what is now America ... more than 500 years ago, and we're still celebrating his "discovery" of America.

COMMENTER GARY, WHO ADDED, "PEOPLE IN THE PRIVATE SECTOR STILL WORK."



Yes, I can think of some other figures in American history who should have a holiday in their honor. If we all work at it, I'm sure we can come up with 365 of them."

COMMENTER TEL, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK COLUMBUS DAY DESERVES TO BE CELEBRATED AS A NATIONAL HOLIDAY?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK COLUMBUS DAY DESERVES TO BE CELEBRATED AS A NATIONAL HOLIDAY?

NO 54%

YES 46%

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"One of my biggest pet peeves is people who chew with their mouths open. I think they're lazy and dumb ... seriously."

LIFEASLIST.BLOGSPOT.COM IS GROSSED OUT BY POOR DINING DECORUM, ADDING THAT SOME PEOPLE ARE EXCUSED, INCLUDING "COWS, BABIES AND OLD PEOPLE WITHOUT TEETH."



"IF WE DEFINE the prime marrying years of a woman to be between 21 and 26 ... then I have squeezed the juice out of the ripest years of quite a few girls."

ROISSY.WORDPRESS.COM WAS CHASTISED BY HIS MOM FOR NOT YET HAVING SETTLED DOWN WITH A COMPANION.

"COLUMBUS DAY celebrates the opening of the Western Hemisphere to Western civilization—the potential and the opportunity. Without that opening, the United States would not exist, at least not in its current form."

CAPTAINSQUARTERSBLOG.COM TOOK OFFENSE TO BOSTON GLOBE COLUMNIST JAMES CARROLL'S DESCRIBING THE HOLIDAY AS A REMEMBRANCE OF SLAVERY AND WAR CULTURE IN THE U.S.

"I LIVE NEAR a farmer's market. I shop at Yes! Organic Market. Not only do I love the punctuation mid-name, but it is on the way home from the Metro, and Safeway isn't."

BLOG.CANDYSANDWICH.NET EXPLAINS WHY SHE SHOPS LOCALLY AND SUPPORTS FAIR TRADE IN HER COMMUNITY.

"Nicole Kidman is meh. Also, I could probably land a small aircraft on her forehead. Possibly two, if the wind's not against me."

THESUPERFICIAL.COM TAKES A CHEAP SHOT AT ACTRESS NICOLE KIDMAN AFTER SHE APPEARED SUNDAY AT A SCREENING FOR THE MOVIE "MARGOT AT THE WEDDING" AT THE NEW YORK FILM FESTIVAL.



Discussions

Michael Wilbon

Post columnist **MICHAEL WILBON** was online Monday to take your questions and comments about the latest sports news and his recent columns.



I know it is just one game, but did the Redskins do anything wrong Sunday? Aside from missing a FG, they did almost everything perfectly. Even Lloyd got in the game and caught a pass!

Yes, the Redskins were close to perfect. And when teams play

that way when they're not certifiably great, it has a lot to do with the opponent. Yes, Detroit appears to be on the way up. But ... the Lions, on the road, are a dreadful team still. In Washington, they're Charlie Brown's All-Stars. They stink. And that had a lot to do with it.

Was I naive to believe Marion Jones? She seemed so sincere. Is it better to assume all steroid accusations are true, regardless of what the accused says?

Marion Jones is such a fraud, the way she attacked anybody who asked the question about her involvement, the righteous indignation. The woman should be an actress instead of an athlete; I

tended to believe her denials. She was guilty of such bad judgment, repeatedly, regarding the men in her life. I should have been more suspicious.

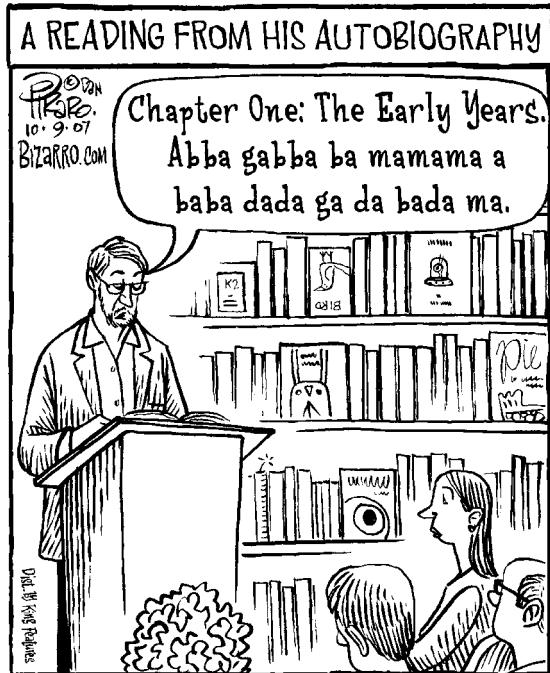
Who's the bigger star within their respective sport: Gilbert Arenas or Alex Ovechkin?

Arenas. People know who he is everywhere he goes. Alex Ovechkin can walk down the street in D.C. (Trust me, I've seen him on 7th Street) and 90 percent of the people don't have a clue as to who he is.

TODAY ON DISCUSSIONS: Blake Gopnik, art critic for The Post, takes questions about expansion projects in art museums at 2 p.m. | washingtonpost.com/discussions.

DO

KNOW WHEN AND WHERE BUSH IS SPEAKING, PILOTS. Four antique airplanes headed to an annual charity event in Hagerstown were intercepted by F-16 fighter jets and escorted out of the airspace Sunday. The pilots didn't know that President Bush was attending a memorial service in the area.

Bizarro | Dan Piraro**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Cornered** | Mike Baldwin

"Thanks to our awareness campaign, donations increased. Mostly from folks wishing to remain unaware."

Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) Talk about what is bothering you and you'll discover that very soon you can be free of the very things that are holding you back.

SCORPIO (Oct. 23-Nov. 21) The good feelings you seem to be enjoying at this time are real, and your good mood isn't likely to slip away for some time—if you nurture it.

SAGITTARIUS (Nov. 22-Dec. 21) This is a good day for you to do things in your own way—in order to more firmly establish your own independence and autonomy.

CAPRICORN (Dec. 22-Jan. 19) You may have time to indulge in a favorite pastime, but you must tend to primary responsibilities before cutting yourself loose.

AQUARIUS (Jan. 20-Feb. 18) Don't say just what others want to hear. You've got to mean what you say if you want to have any credibility—now and tomorrow.

PISCES (Feb. 19-March 20) Aren't you being just a little too sensitive at this

time? Take time to assess your mood and to adjust your attitude as necessary.

ARIES (March 21-April 19) Concentrate on issues that involve family members. You may have cause to be a little more protective than usual at this time.

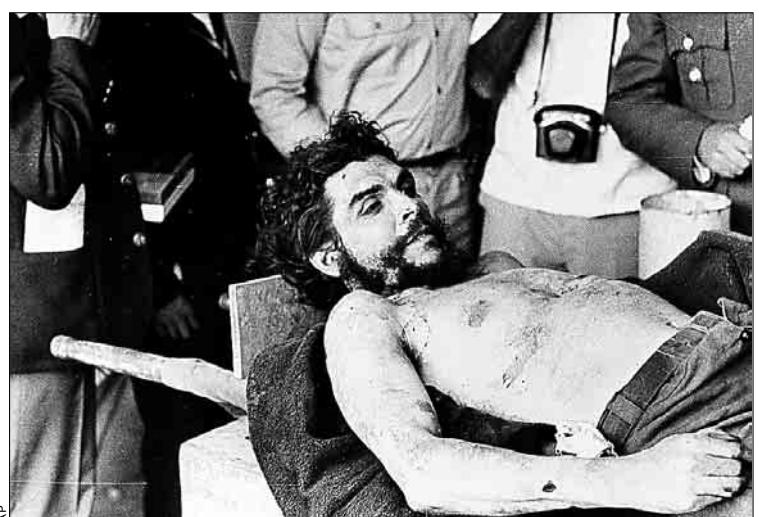
TAURUS (April 20-May 20) Do what you can to be more in touch with the real you before the day is out. During evening hours, you'll need to come clean.

GEMINI (May 21-June 20) Opposites attract—as always. You may find that one person in particular holds a special fascination for you. You'll learn a lesson.

CANCER (June 21-July 22) You're in need of both physical and mental work, in order to stimulate your creative energies. Get that new project off the ground.

LEO (July 23-Aug. 22) It's not enough to want something; you're going to have to go after it with dedication. Make a plan and stick with it.

VIRGO (Aug. 23-Sept. 22) It's up to you to decide just which direction you will go at this time. You can solicit advice, but ultimately the choice is yours alone.



Che Guevara was killed on this day in 1967 while he tried to spark a revolt in Bolivia.

Today in History

John XXIII.)

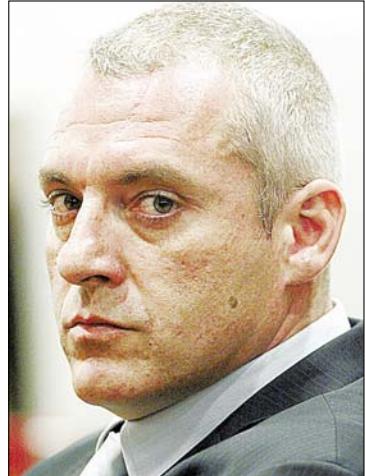
1967 Che Guevara is executed while attempting to incite revolution in Bolivia.

1967 The British Road Safety Act, providing for use of the "breathalyser" (or breathalyzer) to detect intoxicated motorists, goes into effect.

2002 Dean Harold Meyers is fatally shot at a gas station near Manassas, Va., the latest in the string of D.C.-area sniper shootings.

LOOK out

People



FRAZER HARRISON/GETTY IMAGES

Of course, Tom thinks God is the oddly shaped stain on his cell-mate's pillow.

DIVINE WILL**And on the 567th Day, God Created Drug-Sniffing Dogs**

TOM SIZEMORE says he's done with drugs. "I'm not trading my whole life for some powder," the 45-year-old actor told the Bakersfield Californian in a jailhouse interview published Friday. "God's trying to tell me he doesn't want me using drugs, because every time I use them I get caught," Sizemore said. He is serving time in Kern County for violating probation in a drug case. (AP)



AMY SUSSMAN/GETTY IMAGES

BARGAINS**A Li'l Bit o' Crazy**

OZZY AND SHARON OSBOURNE are selling art and collectibles from their three homes at an auction starting Nov. 30 in Beverly Hills. Items include son Jack's black leather bedroom furniture and a cast-iron crucifix that adorned Ozzy's den. (AP)

LONGEVITY**Stewart Center for My Future Immortality Opens in NYC****MARTHA STEWART**

says she chose the bonsai as the symbol of a geriatric center that bears her name because of the tree's longevity. "With the proper care and nurturing, a bonsai tree can live for well over a hundred years," Stewart said. A ribbon-cutting ceremony for the



"Keep me alive, win a Nobel ... shaped cake."

Martha Stewart Center for Living at Mount Sinai Medical Center was set to take place Tuesday. Stewart, 66, donated \$5 million for the outpatient clinic in Manhattan, which she is dedicating to her 93-year-old mother, Martha Kostyra. She personally chose its earth-tone color schemes. (AP)

SMALL TALK**Ang Lee Does Not Wish To Discuss Global Warming Or the Real Estate Bubble**

Don't expect **ANG LEE** to make small talk at a dinner party. The director says that despite his celebrity, he's extremely shy. "When I'm off the set, it's hard for me to carry a conversation. That's more difficult for me than making a movie," he said Saturday on CNN's "Talk Asia." He feels comfortable "momentarily" if the conversation turns to movies, the filmmaker said, but "that's kind of about it." (AP)



"Condos ARE pricey in Bethesda. But my quiet masterpiece awaits. Later."

ASK BETSY

About Student Loans

Postponing Repayment

Dear Betsy,
I am no longer working, and my loan payments are behind. Do I need to apply for forbearance or a deferment, and where do I find these forms?

Margaret

If you are working fewer than 40 hours per week while actively seeking full-time employment, you can ask to postpone your payment temporarily with a deferment. You begin this process by filling out the Unemployment Deferment form and submitting it to your loan holder or loan servicer (the servicer is the company to which you make your payments.)

If you do not meet the eligibility requirements you may want to check with your lender regarding economic hardship deferments or financial hardship forbearances. Please note that no interest will accrue on your subsidized loans while they are in deferment; while in forbearance, interest will continue to accrue on all your loans. Unless all your loans are subsidized, there will be some interest that accrues, even while you are in a deferment. This interest is often capitalized at the end of a forbearance or deferment period, which means that the interest is added to the loan balance's principal. One way to keep this from happening is to pay interest only while your loan payments are postponed. Your lender or servicer will be able to tell you how much interest your loan would accrue during that period of time.

Have a question about student loans? E-mail me at askbetsyc@amsa.com

This column, contributed by American Student Assistance®, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to askbetsyc@amsa.com.



Contact your loan holder(s) for specific eligibility requirements and for forbearance and deferment applications. Repayment options on federal loans are deliberately flexible to help people like you, so look into them today. In addition to what we discussed, you may find a lower payment option that may be a better fit for your situation.

Best of luck,
Betsy

Consolidation Woes

Dear Betsy,
In 1996 my wife and I consolidated our loans together, hers being 2/3 of the amount, mine being 1/3. We divorced a year later with a divorce decree stating that each of us is responsible for half the loan. We stayed in deferment for years, and then deferment expired and the loan went into default. My ex-wife is now nowhere to be found, and I am being held responsible for the entire amount. I wish to repay the loan, but I would like to separate the loan to be responsible for only my half. This would greatly reduce the payment so that I could afford to repay. Is there any way to separate a consolidated loan?

John

Couples who consolidated their education loans together and then divorce cannot separate their loans. As you have found, when one borrower does not repay the debt, the other is still held

responsible for the entire debt. My suggestion is to return to court and request assistance in trying to locate your ex-wife. If the court locates her, she will probably be required to repay. You may want to consider Rehabilitation in the interim.

Rehabilitation is a process by which you can save a loan from its default status and return it to good standing. Generally, Rehabilitation programs require the following:

- Signing a Rehabilitation Agreement
- Nine to twelve on-time monthly payments – the payment amount is decided upon by the agency that currently holds your loan
- No deviation from the agreement. If a payment is missed, you must begin the process again.

Rehabilitation will also restore your credit when you have completed the program and your loan returns to a payable status. Instead of being asked to pay the full balance of the loan at once (which has probably happened to you since it defaulted), you will make scheduled monthly payments.

Between saving the negative marks on your credit and having an affordable way to pay, Rehabilitation would be an excellent solution for you.

Good luck!
Betsy

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LOOK out

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ACROSS

1 "___ he grown!"
 6 King's area
 11 "___ My Party"
 14 Foil giant
 15 Sesame Street resident
 16 Opposite of max.
 17 Banquet figure
 19 "Harper Valley"

20 Jabba the ___ of "Star Wars"

21 Cain's brother
 22 Bathtub sealant
 24 Deuces plus one
 26 One leaving one country to settle in another
 28 Kneading locale
 31 Cincinnati team
 32 "Star-Spangled Banner" preposition
 33 Microbe
 34 Le Havre-to-Paris dir.

36 Not docked

38 Weave's go-with

40 Wiesbaden, Germany is its capital

44 La-la preceder

46 One sort of miss

48 Galena, for one

49 Sans pizzazz

52 Street urchin

55 Make an old

kitchen new, say

57 One, for one

58 Dispatch boat

59 Put oneself into a horizontal position

61 Make for shore

64 Shake a leg

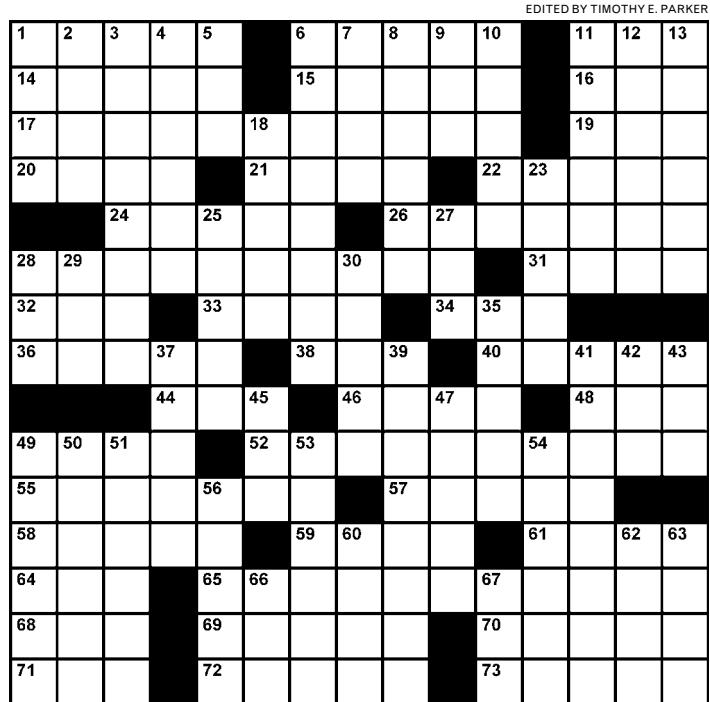
65 "It's a snap!"

68 "___ in Black" (1997)
 69 Competitive advantages
 70 Hank, the former home run king
 71 Alums-to-be
 72 Performs, biblically
 73 Produce a uniform mixture

DOWN

1 "What ___ God wrought?"
 2 Moises of baseball
 3 Disperses
 4 Crime syndicate, with "Cosa"
 5 Bit of body art, slantly
 6 Use a sponge over and over again
 7 Language spoken in Limerick
 8 Buck's feature
 9 Bald-faced bit
 10 French "Thank you"

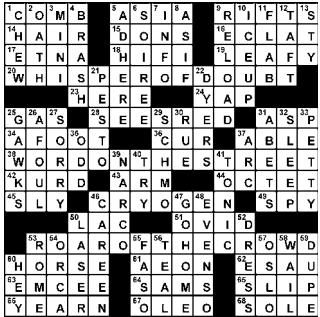
11 Unchaste
 12 Having nobility
 13 Creatures forming the hair of Medusa
 18 Wishy-washy reply
 23 Come to a consensus
 25 Ventriloquist Bergen
 27 Members of the AMA
 28 Long, fluffy scarf
 29 Dampen flax, e.g.
 30 Honor ___ thieves
 35 "Doesn't bother



me" gesture
 37 Cultural mores
 39 Spangliest
 41 Computer programs
 42 ___ Lanka

43 Hallow ending?
 45 Is for more than one?
 47 Type of acid
 49 Lullaby name
 50 One imposing a tax
 51 French cathedral city

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

1	5	2	7	9	8	4	6	3
6	4	7	3	2	5	1	8	9
3	8	9	1	6	4	5	7	2
4	3	5	6	8	9	7	2	1
8	7	6	2	4	1	3	9	5
2	9	1	5	3	7	8	4	6
5	2	3	4	7	6	9	1	8
7	6	8	9	1	3	2	5	4
9	1	4	8	5	2	6	3	7

	2		1	8
9		6	5	3
8		9		
2			4	
5	9			2
			9	5
			6	1
3		2	1	5
	5	7		3

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can lead to amazing
arms. Or injuries **E4**

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for a healthy,
autumnal
sweet
E6

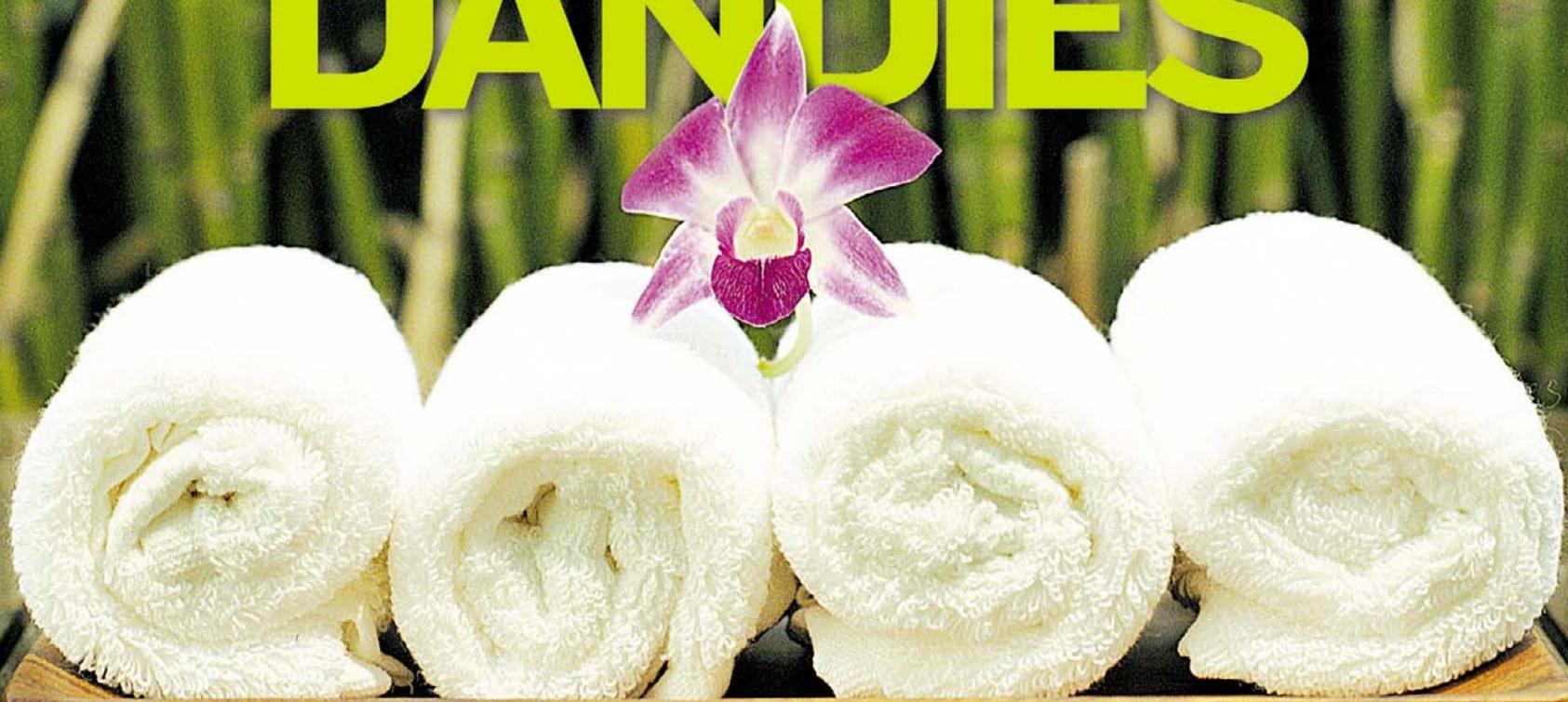


Ditch the drill and
opt for pain-free
laser dentistry **E5**

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GYM DANDIES



MEMBERSHIP HAS ITS PRIVILEGES
WHEN HEALTH CLUBS TRY TO ACT
MORE LIKE THEY'RE HOMES **E4**

GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

When Mama Ain't Happy ...

Q My boyfriend is very disrespectful toward my mother. I come from a formal family, and he does not — his is full of jokes and what I consider rudeness. He teases my mom when she visits, and she does not take it well. I'm embarrassed when he acts this way. I've tried to drop hints, to no avail. — FRUSTRATED

So, you've tried the "subtle approach" with someone who lets everything hang out. Yeah, keep me posted on how that goes!

It's not like you have to behave exactly like him to get your point across, but you must at least speak the same language. He'll likely respond better to a direct talk about how much his behavior upsets you



"Wowee, Mrs. Simms. I think you need to see a doctor immediately!"

and your mother. Still, be careful not to make him defensive: Focus on how you understand he grew up with a different style of family communication. It's not that he's doing something awful or you want him to change his personality but that you

need him to adopt a different style when he's around your family. Just as people are forced to wear unsexy shoes when bowling.

Presumably, you love your boyfriend for who he is, and it's important to recognize that families come

in all styles, from those who watch Will Ferrell movies to those who always use the correct fork. In the spirit of embracing differences, you might try to be flexible when fitting in with his family as well.

All I Know Is That I Don't

Q I'm 24, and I've had some stressful times in my post-college life. My parents' marriage broke up, and a guy I dated was killed in a car accident. I don't know if everything is right with me. Depression symptoms don't really fit. But I worry all the time, especially about getting sick. My friends joke that I'm a hypochondriac — I don't think so. But if I don't even know what's wrong, how can I get help? — NO NAME

Your question may seem like a paradox, but it's actually as simple as a BLT. A therapist helps you by help-

ing you figure out what's wrong.

Your letter gives me tons of clues. You have life transitions galore, the breakup of your parents' marriage and the loss of a loved one. You have friends who probably don't quite understand the depth of what you've been through and who toss around labels that make you doubt yourself and feel even more alone.

After people suffer significant life stressors — especially those involving loss or the threat of loss — they're more likely to experience anxiety about their own health and well-being. Which, to borrow from the vicious circle department, isn't exactly great for one's health or well-being. Please seek out someone. You need not have any of the answers yet; in fact, therapy will help you get them.



Want more Dr. Andrea? Read her online column every Wednesday or submit a question anonymously at Readexpress.com/baggage. Or send your queries to baggage@readexpress.com.

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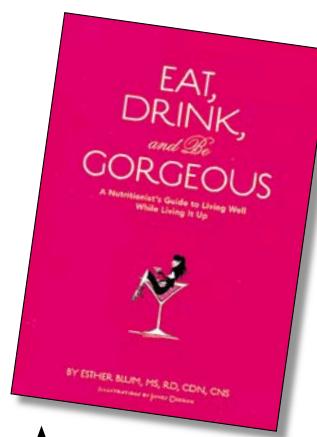
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THE RIGHT CORD

Braided hair? Cute. Braided resistance bands? Tough. SPRI's new line of SportCords (\$25, Spriproducts.com) are four tubes twisted together to form a super-sturdy exercise pal. They come in five levels of resistance, but if that's not enough variety, try SportCord Plus, an extra-long version that's more versatile.



BACKING IT UP

Sure, your chiseled chest is sexy. But if your rampant bacne inspires cries of "Please put your shirt on," think about investing in OXY bar soap or body wash (\$7, drugstores). The salicylic acid formula keeps fighting pimples even after the sudsy stuff is rinsed away.



POM SQUAD

For 35 calories, you could eat two-thirds of a square of a Ghirardelli chocolate bar. Or you could drink an entire Light Pom Tea (\$2 each, Safeway)—Hibiscus green tea, Orange Blossom red tea or Wildberry white tea. All are infused with pomegranate, of course.



SOUND BITES

It's easy to be dubious of a nutritionist who suggests a martini recipe, like Esther Blum does in "Eat, Drink and Be Gorgeous" (\$23, Chronicle). But the olives are good for you, and so are her tips on balancing a life of snogging and slurping with supplements and sweet potatoes.

GUINEA PIG

iDrink iWater

In the far future, archaeologists will wonder why so many artifacts from the early 21st century bore names preceded by a lowercase "i." Was it a mark of status? A warning? An edict instructing users not to share?

The little "i" in iStraw (about \$40, Istraw.co.uk) will remain a mystery, even to us. It doesn't play music. It's not electric. Apple doesn't make it. Taken out of context, the mysterious object looks like a penny whistle sans the air holes. It is, in fact, a portable water filter with the simplest directions ever: Insert in water. Suck. The iStraw's primary motive is to filter the waterborne bacteria and protozoa that plague travelers, so lead and chemical contaminants won't be removed. Though it's not for use in cloudy puddles or the contents of brackish cisterns, it does transform tap water into cleaner-tasting H2O—not Evian-fresh, but definitely Brita-pitcher quality. But while it'll filter up to 500 liters, there's no indicator to tell users when their straw is ready for replacement. It also needs regular cleaning with water disinfection tablets; four are included.

HOLLY J. MORRIS (EXPRESS)



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THE MISFITS

Eureka! Or Not?

Q Did I make up a new exercise — or a way to injure myself? I do alphabets while sitting with a straight leg to strengthen my knee. I've also recently started doing this for my shoulder. (While standing and holding a 5-pound weight, move straightened arm through the alphabet.) Does this seem like a good idea?

— ANONYMOUS

■ Riffing on a recipe is fair game—one bite and you know whether curried beet ravioli is a brilliant culinary innovation. With exercising, it's not so simple to improvise. You can think you've stumbled across the shortcut to physical perfection when really you're one workout away from busting a body part.

Physical therapist Susan Kostorowski, who co-owns Georgetown's Water Street Gym, says your exercise concept isn't terrible in theory. Just as tracing A to Z with your leg can strengthen your lower body, performing a similar series first with one arm and then the other can pump up your shoulders' endurance and power.

But form is everything when it comes to fitness. So trade that 5-pound weight for one that's 2 pounds or less, suggests Kostorowski — yes, that's for guys, too. "You have to get through 26 letters," she says.

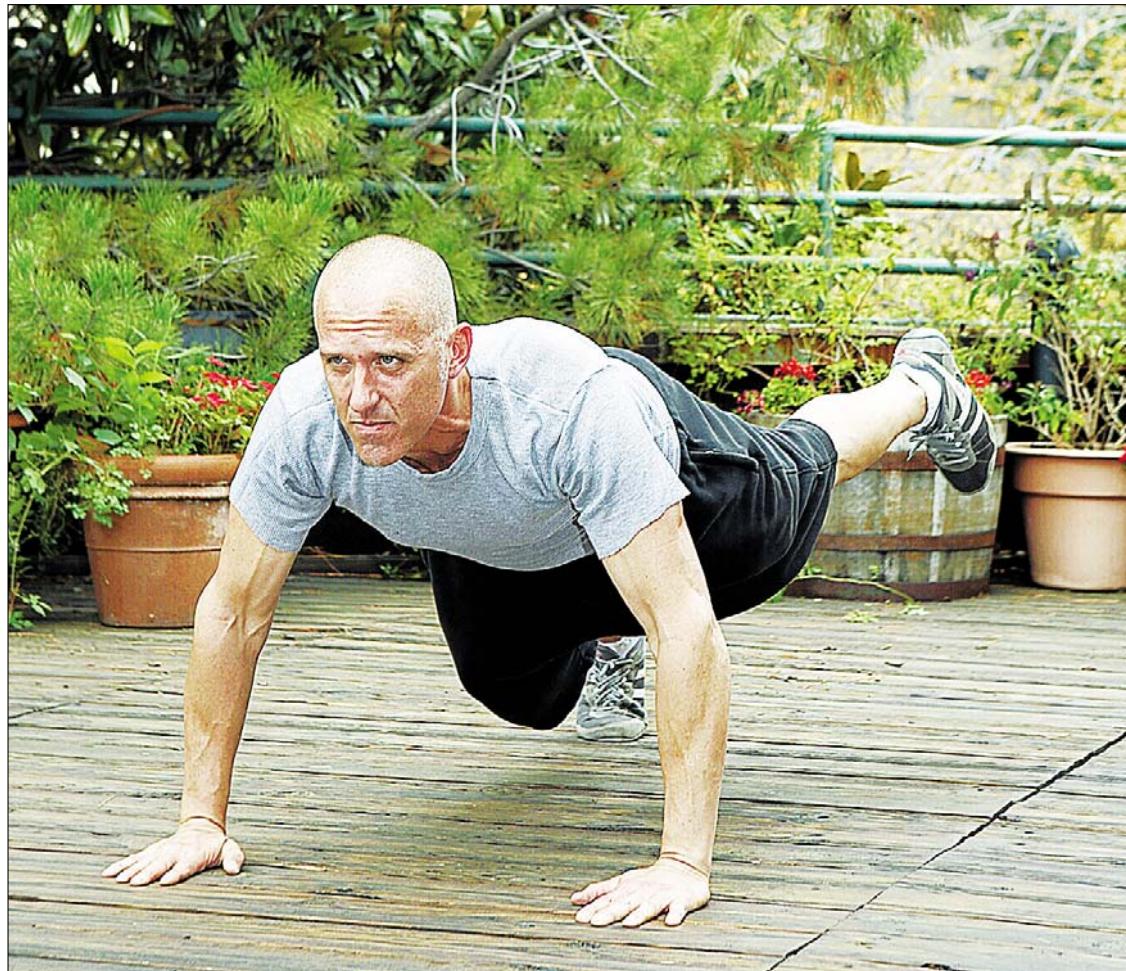
Also: Keep your thumbs pointed up toward the ceiling, make sure your shoulders are down and tighten your core. Feel any pain other than muscle fatigue? Stop immediately.

@ Vicky Hallett is one of the Misfits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the Misfits at fitness@washpost.com.

VITAL STATS

9

THE PERCENTAGE OF BULL-RIDING INJURIES THAT ARE CONCUSSIONS, CURRENT SPORTS MEDICINE REPORTS SAY. HEADGEAR IS A RARITY.



Personal trainers at City Fitness, including Jamie Hutton, like to get clients exercising on the leafy Zen Garden rooftop deck.

morning snack: omelets. Twice a week, a chef from the nearby Front Page heats up his pan (and yes, all egg white options are available).

"I think it's an unexpected surprise. I don't think people join because of it," explains Nancy Terry, senior vice president of marketing for the chain. "But it's a moment of magic that helps them stay members." Each club determines which extras it wants to provide; some supply iced towels, while others host wine tastings or similar events.

Creating a sense of community beyond the locker room is becoming a staple of gym life. Results the

66 People were waiting for more than a membership."

Gym (Resultsthegym.com) has its sixth annual member picnic and pumpkin-carving contest coming up this weekend, and D.C.'s newest clubs Mint (Mintfitness.com) and Vida (Vida.com) have celebrated shindigs for their clientele.

Cleveland Park's City Fitness (3525 Connecticut Ave. NW; 202-537-0539; Fitphysique.org), which holds a fitness fiesta every May, also seduces with a gorgeous roof deck. The floral area they've dubbed the "Zen Garden" creates the ideal environment for mind-body classes.

At a Qi Gong session early last Thursday, just as the fog was lifting, instructor Taj Johnson began by saying, "See the plants moving as you are. Soften like the plants around you." There were many models to follow, thanks to a majestic magnolia tree, curious grasses, sweet-smelling herbs and colorful flowers. After class, member Paul Mannix took a moment to pay attention to the changing of the season. "It very urban here, with the buses and car alarms, but the plants still make it relaxing," he says.

The club's trainers often take clients out on the deck, but perhaps the most gratifying use to owner Dega Schembri isn't fitness-related at all. "We have people who go out there and sun, just to sit and read," she says. And that's the sign of a gym that is more than just a place for people to work out. It's a place where they feel at home.

Bulk Up on Bonuses

Health clubs are defining their personalities as much as muscles

It doesn't take much to qualify as a gym — some weights, a row of cardio equipment and a TV, and you pass the test. But to be a gym dandy, the kind of place clients actually want to return to to sweat, requires a little something extra.

That's the driving idea behind "the smarter workout" at Vantage

Fitness (402 W. Broad St., Falls Church; 703-241-0565; Vantagefitness.com), where owner Garrett Rambler has gone wild with the details. "People were waiting for something more than a membership," he says.

So, the yoga studio's floors are heated to keep tootsies from freezing in the winter months. His staff takes field trips to Nordstrom and the Ritz-Carlton, places with noted customer service, to learn how to make clients feel at home. Instead of just regular water from a cooler, they have icy pitchers stuffed with

citrus slices. "I love the lemon water," gushes member Deborah Thompson, who orders it at restaurants and appreciates that she gets to down it during her workouts, too. When she forgets to grab a towel, someone brings one to her, sometimes with another bonus, like a bottle of Vitamin Water.

Free food is an easy trick to keep the customers satisfied. But although many gyms tempt members with hot coffee or a bowl of fresh fruit, that's nothing compared to what the Ballston Sport & Health (Sportandhealth.com) offers as a



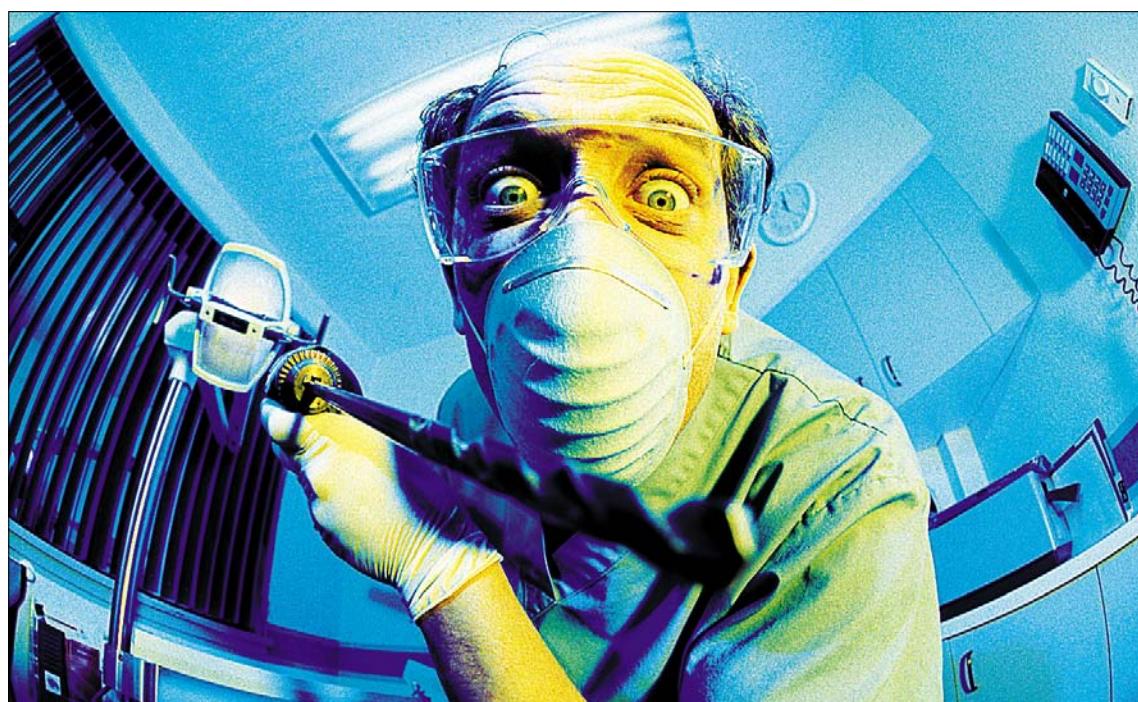
TRUE STORIES

Frightening Fitness

■ It was a dark and stormy night ... and you went to work out. OK, sitting around the campfire, you probably never crept out your friends with tales of terror on the treadmill. But this Halloween, Fit wants your fitness horror stories. Did you drop a dumbbell on your foot while showing off your bulging biceps to the yoga instructor? Does a mysterious figure you call "the Spitter" always seem to appear on the neighboring elliptical machine and you can't get away? Or did your evening jog take a turn for the terrifying when you wound up totally lost? Send your scariest stories (along with your name and phone number, so we can follow up) to vicky.hallett@readexpress.com by Oct. 23, and we'll share the best ones in the Oct. 30th issue of Fit. Don't forget — muscle building can be bone-chilling.

VICKY HALLETT (EXPRESS)

Phys Ed | fit



Beam Me Up, Dentist!

Ditch the drone and discomfort of drills — lasers can fix teeth, too

When folks say they hate going to the dentist, it's not because they have any real beef with the person in the white coat. He or she's not trying to cause pain (hopefully).

Drills, on the other hand are not so well-meaning. Cold steel had better watch out, though, because the mouth industry has been working for decades to replace drills with laser beams.

If that sounds like an idea straight out of science fiction, well, for a long time it was. "The first ones ended up cooking teeth, and if you aimed them across the room, you'd take out someone's eye," says Lawrence Singer of DC Smiles (202-912-9200; Dcsmiles.com).

But about 10 years ago, the FDA approved a technology combining lasers with water for a tool that actually works — and won't burn through a cheek. The most popular brand in dentist offices today is Waterlase MD (pictured).

If you've never heard of it, that's because it's still a rare find — only about 5 percent of dentists use lasers like Waterlase, says its manufacturer, Biolase. It's used in just a handful of D.C.-

area dental offices (see Waterlase dentistry.com to find them).

Singer has been a fan since he jumped on the bandwagon two years ago. "It can do hard tissue [bone, teeth] or soft tissue [gums], and it's a lot safer than a scalpel or drill. It's like a pinpoint," says Singer. He can see why Waterlase has been slow to catch on, however: "It's \$80,000, and you can outfit a modest dentist office for that."

Patients might feel that's a small price to pay for the reduced



Waterlase has a touch-sensitive screen. So, with a tap, it's ready to zap.

side effects. Numbing isn't required for many jobs, as the beam has an anesthetic effect. It sterilizes, too, which wards off complications. Squeamish? The laser causes much less bleeding than metal tools as it sculpts gums, cuts around wisdom teeth or employs any of its other skills. The thing can even instantly blast away a cold sore.

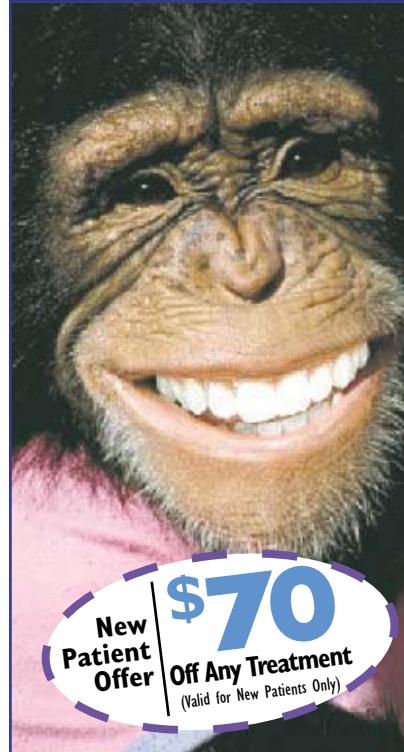
The main drawback is time — because the beam is so precise, it takes a while to carve and cut. Singer uses his lasers in conjunction with conventional tools for certain procedures, such as sterilizing edges after digging out something big.

Cavities are a cinch for lasers, as Erica Mintzer discovered when her 5-year-old son Ryan needed five fillings. His dentist recommended bringing in an anesthesiologist to knock him out. For a second opinion, she took Ryan to Singer, who said that would be unnecessary.

"I don't think there was any pain at all," says Mintzer, who watched TV with Ryan during the roughly one-hour procedure. "It was a little annoying, but certainly better than drilling." Now Mom has an appointment next week to take out her own cavity, laser-style.

Singer wishes he were so lucky. He has a cavity, but has been waiting to get it fixed. "I hate getting that shot," he says. "But I have to train someone to use this on me."

VICKY HALLETT (EXPRESS)



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EATING IN

Pear Up

With pears at their peak in autumn, now is the time to indulge in this sweet, healthy treat. Start by not worrying much about perfectly ripe pears. Because pears that ripen on the tree develop a gritty texture, they are harvested and shipped while still quite hard. This means you can select perfect, unblemished fruits and allow them to ripen in your kitchen. For sweet pears with a smooth texture, ripen them in a bowl for two to four days at room temperature. A humid environment is best, so cover the bowl with a damp cloth if needed. If you put a banana in with the pears, the natural ethylene gas it produces will make the fruits ripen faster. But be careful: A pear can go from rock hard to overripe very quickly. JIM ROMANOFF (AP)

Spiced Poached Pears

TIME: 30 MINS.; SERVES: 4

INGREDIENTS: 1 orange; 1 1/4 cups

sugar; 2 tablespoons lemon juice; 2 bay leaves; 1 cinnamon stick; 1 teaspoon black peppercorns; 2 whole cloves; 4 cups water; 6 ripe but firm pears, peeled, halved and cored.

USING A VEGETABLE PEELER, remove four 3-inch strips of zest from the orange. Cut the orange in half and squeeze the juice into a small bowl.

In a large saucepan, combine the zest and orange juice with the sugar, lemon juice, bay leaves, cinnamon stick, peppercorns, cloves and water. Bring to a simmer, stirring constantly to dissolve the sugar.

Add the pears and simmer over low heat until just tender when pierced with a knife, five to 10 minutes, depending on how ripe the pears are. Use a slotted spoon to transfer the pears to a serving bowl. Set aside.

Bring the remaining liquid and spices in the saucepan to a boil over medium-high heat and boil until reduced to 2 cups, about 20 minutes. Pour the syrup through a strainer over the pears. Discard the spices. Let the pears and syrup cool to room temperature and serve. This makes six servings.

→ 225 calories; 1 g fat (0 g saturated fat); 0 mg cholesterol; 67 g carbohydrate; 1 g protein; 4 g fiber; 0 mg sodium.

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Pamela Haberstroh,
President and CEO

Health Matters at Work, Too

Recently, the value of supporting healthy lifestyles at work has

become increasingly clear. Medical research has shown that lifestyle changes including healthy eating habits, increased physical activity and smoking cessation have a significant impact on reducing the burden of diseases such as heart disease, diabetes and cancer. Although an individual's health is a private concern, employers have a vested interest in maintaining the health of their workforce. While this interest is most often expressed in medical benefit packages, more and more employers are looking for new ways to encourage wellness. According to the Bureau of Labor Statistics, American workers spent about a third of their life on the job in 2006. This fact underscores the importance of workplace health initiatives in maintaining healthy employees and reducing health care costs.

"A healthy lifestyle at home and in the workplace has become a prominent issue over the last few years," noted Pamela Haberstroh, President and CEO of Community Health Charities of the National Capital Area (CHC-NCA). "We firmly believe that managing one's health is not only essential for a happy and rewarding life, but also vital to our entire

community—including workplace communities," continued Haberstroh.

In response to this need, CHC-NCA developed Health Matters at Work, the first integrated learning and giving program of its kind. Because of its success in working with the Combined Federal Campaign (CFC) and private-sector workplace giving programs, Community Health Charities of the National Capital Area was able to create a circle of benefits, allowing donors to support the health charities that serve them. CHC-NCA coordinates customized health education and prevention services free for businesses and organizations participating in its highly successful charitable giving program. According to Haberstroh, Health Matters at Work was designed to help employers promote a culture where employee health and wellness are highly valued.

Health Matters at Work is a win-win for the entire community. Employees benefit because they receive detailed, expert information about a variety of health issues. And employees are also given the opportunity to make a difference in their community by volunteering and financially supporting CHC-NCA member charities. Employers prosper because employees are healthier, happier and more productive. CHC-NCA member agencies win because they serve their missions by actively promoting the detection, prevention and management of illness.

This special insert focuses on the various related aspects of Health Matters at Work. Inside, you'll find several articles detailing how this program works to support community

health in the region. "We are confident that this insert will be a meaningful health resource for the metropolitan community. Throughout the insert there are numerous articles related to the management of health, from prevention and detection tips to healthy recipes and much more. I hope you find this interesting and helpful, and that you'll feel free to call upon CHC-NCA for additional information on our Health Matters at Work program," explained Haberstroh.

Community Health Charities of the National Capital Area is a federation that has over 80 member health charities. The federation raises more than \$5 million annually for its member health charities through local employee giving programs such as the CFC and through its Health Matters at Work program.

Charlotte Zupancic, Assistant Director of Human Resources commented, "We are thrilled to have partnered with Community Health Charities of the National Capital Area through the Health Matters at Work program. Being able to provide health education newsletters to our employees is an important way to disseminate pertinent health information. CHC-NCA has been so easy to work with; they create the newsletters for us and even have documents translated into Spanish, which helps us reach more of our employees. This is a great way to show we are concerned about our employees' health, and the partnership has significantly improved the morale of all of our employees at L'Enfant Plaza hotel."

Through Health Matters at Work, CHC-NCA has partnered with Hilton Washington, Wolf Trap, Social &

Scientific Systems and L'Enfant Plaza Hotel. Most recently, CHC-NCA has partnered with Donohoe Hospitality Services, whose properties include: Courtyard by Marriot - Convention Center, Washington DC; Holiday Inn – Arlington, Virginia, Capitol & Georgetown, Washington, DC; Residence Inn by Marriott – Arlington at Rosslyn, Capitol & Dupont Circle, Washington, DC; Hilton Garden Inn, Tysons Corner, Virginia.

Kidney Health in the Workplace

A serious illness doesn't just affect your health, but your purse strings as well. An estimated 20 million Americans are living with chronic kidney disease, with diabetes and high blood pressure as the #1 and #2 causes. Other cases are caused by untreated urinary tract infections and kidney stones, glomerular diseases, kidney cancer and genetic disorders.

If you catch and treat chronic kidney disease early, you may be able to slow (or even stop) its progression, in some cases avoiding kidney failure entirely. Companies should encourage employees to know their eGFR (estimated glomerular filtration rate), which is the best test that we have for checking kidney function.

The eGFR is done through a simple blood test that checks for a chemical called creatinine in the blood. The test also considers your age, sex and race when calculating your kidney function. Your eGFR is as important to know as your blood pressure and cholesterol number.

If chronic kidney disease does progress to kidney failure, dialysis or transplant is needed for survival. Both are expensive, and employers and taxpayers dig deep for the cost.

In 2004, employee group health plans paid about \$390 million, up 56% from the amount paid in 2003, toward treatment-related expenses for kidney failure. That same year, Medicare paid \$18.5 billion. Many patients are also responsible for out-of-pocket expenses such as co-pays, premiums and medical supplies. The average cost for dialysis per person per year is over \$60,000, and the cost of a transplant is around \$100,000.

Controlling diabetes and high blood pressure can prevent chronic kidney disease, and catching and treating chronic kidney disease early can help prevent kidney failure. In addition to the health benefits of avoiding kidney failure, doing so will save the employee and the employer thousands of dollars per year.

To learn more about getting tested and what you can do to prevent kidney failure, order a free health information wallet card from the American Kidney Fund. This card gives employees information about their health and provides a convenient way to find out about a free kidney screening near them.

To order, call the American Kidney Fund's HelpLine at 1-866-300-2900 or visit www.kidneyfund.org. American Kidney Fund wallet cards are also available at CVS/pharmacy counters throughout the Washington, D.C., area.

Provided by the American Kidney Fund (CFC Code: 11404).

The Benefits of Slipping in a Tai Chi Exercise During Your Work Day:

Busy employees who all too often find themselves trapped in the office all day are continually looking for simple exercises they can do at the office that are healthy for them and give them a way of relaxing amidst all the daily pressure. Some basic Tai Chi exercises are one good alternative to consider including in their routine.

For those who have heard of Tai Chi but don't really know what it is, Tai Chi is an ancient Chinese health system that focuses on harmonizing the body's

vital life forces, or Chi, to provide the benefits of relaxation, increased mental and physical awareness, and general conditioning for every part of the body. It is characterized by slow graceful movement, and some exercises can be performed either standing or seated if your office door is closed.

Research has shown that consistent Tai Chi practice can significantly improve balance and coordination. For many people who have been recently diagnosed with Huntington's Disease or are in an early stage of the disease, Tai Chi exercises can be very helpful with improving balance. As a person with HD becomes more afflicted with the disease, their balance and coordination becomes more difficult. Recent work at the Terrence Cardinal Cooke Health Care Center in New York City has shown that Tai Chi helps improve those skills and possibly delays the onset of muscular rigidity. It's an ancient practice that allows its students to assume greater responsibility for their mental and physical health.

Tai Chi's benefits are not limited to a select group of people. You can try it yourself, even during your work day if you find a moment of privacy. Here's one exercise you can try. You can do it standing or seated:

-- If you wish to try it standing, you can hold onto a chair with one hand, preferably standing to the side of your chair.

-- If you choose to do it seated, begin by sitting up as straight as you can in your chair, preferably seated towards the edge a little bit so that both feet are flat on the floor.

1) Lift your right leg in front of you, relaxed, with knee bent until your thigh is horizontal. The right arm rises at the same time, as if the arm is pulling the leg up with invisible strings.

2) Now bring your right arm and leg down and repeat the same movement to the other side. Don't think of picking up the leg. Instead, think of pushing away from the earth with the other foot. Try to place the leg down each time as gently as possible. Keep your head up and your back straight as best you can.

3) Inhale as you lift the leg and arm together now.

4) Exhale as you let the arm and leg back down.

5) As you complete the entire cycle of movement, be sensitive to the muscles not only in your legs and hip

flexors working but also the muscles in your low back and abdomen.

6) Repeat this exercise 10 times and then switch to the other side. It sounds simple, but it's more challenging than you think.

Provided by the Huntington's Disease Society of America, Washington Metro Area Chapter (CFC Code: 41887). Courtesy of Nicola Briggs, Tai Chi instructor, who works with patients with HD at the Terrence Cardinal Cooke Health Care Center. For more information, visit www.hdsa.org.

Workplace Giving – It's Working

One of the best ways to be involved in causes important to you and your community is through charitable giving. Individual philanthropy is the key component in keeping a charity's programs and services available to the community. According to *Giving USA* (a publication of Giving USA Foundation™, researched and written by the Center on Philanthropy at Indiana University) individual contributions are "always the largest single source of donations," accounting for over 75% of charitable gifts in 2006.

Although one-time gifts are beneficial to charities, workplace giving programs offer a number of advantages for both individuals and the charitable organizations they support. Workplace giving programs are convenient for employees and provide easy tracking of tax-deductible contributions. Charitable organizations participating in government and private-sector campaigns, such as member agencies represented by the Community Health Charities of the National Capitol Area (CHC-NCA), have been prescreened so donors can have complete confidence that their contributions will be used well. The non-profit groups benefit from workplace giving programs because of increased exposure and regular, steady income.

In 2004, CHC-NCA commissioned the Center for Nonprofit Strategies to conduct focus group research on the practice and perception of workplace giving programs among both government and corporate employees. The research supported the recognized benefits of workplace giving and highlighted additional advantages.

Almost all of the participants gave charitable contributions of either time, money, or both. They felt that donating to charities doing good work

provides a sense of accomplishment and adds meaning to their daily lives. Some donors are habitual givers and feel they have a responsibility to give back to the community. Other donors give because they have been personally touched by a particular cause or because they or someone close to them have used the services of a charity. Overall, the participants agreed that everyone benefits from the work of charities and that the services provided by non-profits are essential.

Participants in the research group recognized the benefits of workplace giving to the charities. Focus group

[continued on page 4]

A Healthy Recipe:

Herb Cheese with Low Sodium Crackers - A Kidney Friendly Snack

Make it the night before and bring it to the office to share with your co-workers so everyone can enjoy a healthy midday snack!

2 packages (8 oz. each) cream cheese, softened
 ¼ cup margarine, softened
 2 tablespoons dried chives
 2 tablespoons parsley flakes
 1 teaspoon garlic powder
 ½ teaspoon dill weed
 ¼ teaspoon thyme leaves
 ½ cup chopped red bell pepper
 Low sodium crackers

With an electric mixer, beat together cream cheese and margarine until fluffy. Add chives, parsley, dill weed and thyme; beat well. Place a piece of plastic wrap in a small bowl. Spoon cheese mixture into plastic wrap. Fold up plastic wrap over cheese to cover. Refrigerate until cheese is firm, about 4 hours or overnight. Unwrap cheese. Turn bowl upside down onto serving platter. Smooth entire shape with knife. Sprinkle with red pepper. Cover and refrigerate until serving time.

Recipe yield: 24 (2 tbsp) servings. Recipe analysis is per serving: 2 tbsp per serving. 86 Calories, 2 g Protein, 9 g Fat, 1 g Carbohydrate, 83 mg Sodium, 26 mg Potassium and 15 mg Phosphorus per 2 tbsp.

Provided by the American Kidney Fund (CFC Code: 11404).



Head of household.

AIDS has orphaned 15 million children worldwide, robbing them of one or both parents. Help us give hope to this 'lost' generation — hope for an AIDS-free future. **Support amfAR, The Foundation for AIDS Research, in the Combined Federal Campaign.**

Washington, D.C., has one of the highest HIV/AIDS rates in the nation.

For people living with HIV, medical research supported by amfAR has yielded drugs that are extending and improving life. More research will produce better treatments, improved prevention methods, and, one day, a cure for AIDS. Help us end the scourge of AIDS in Washington, across the nation, and around the world.



Please note our NEW
CFC designation number: **11996**

members noted that employer-sponsored programs help charities by giving them access to a large number of donors. They also acknowledged that this form of fundraising is more efficient for charities, providing a steady stream of donations throughout the year. In turn, research participants recognized that workplace campaigns give employees exposure to a greater number of causes, raising awareness of issues facing the community and providing a greater number of choices for personal philanthropy.

Many participants noted that they can give more through a payroll deduction system by spreading the contribution out over the year. Participants explained that it is easier to give in small increments over time rather than making one lump-sum donation. In some organizations, donors were enthusiastic about giving opportunities and enjoyed the activities employers did to encourage camaraderie among donors.

In summary, most of the people who participated in the research groups realized the importance of donating to a charity. In addition, almost all agreed workplace giving programs are easy, confidential and convenient. Most have given either time or money in the past and will do so in the future so that charities serving their community can continue to offer services and programs to those in need.

CHC-NCA works with the Combined Federal Campaign and corporate giving programs to continually refine and improve workplace giving. CHC-NCA offers workplace health education so the charities supported through workplace giving campaigns can offer employee donors vital health information. This innovative approach by CHC-NCA also links employees with charitable organizations through volunteer opportunities.

"Working with Community Health Charities of the National Capital Area is always very easy. CHC-NCA helps me coordinate health education at The Farm Credit Administration, making sure the speaker is on time and the program runs smoothly."

Mary Garver, Human Resources Specialist, The Farm Credit Administration

Breathe Easier in the Workplace

Asking employers to meet special needs is never an easy task. No one likes to feel as though they require special assistance. But in the case of lung health there are a few things that can be done that will not only help the employee with lung ailments but everyone else as well. Here is a range of options employers can do to help employees breath easier in the workplace.

Remove all carpeting and replace with tile flooring. Over a period of years moisture in carpet can produce not only mold but also act as a breeding ground for dust mites. Either of these can make for an unhealthy workplace and can trigger an asthma attack. Replace that old carpet now!

Insist on a fragrance-free office. Another serious trigger for those with allergies are perfumes and colognes, and air fresheners. While these fragrances may be a part of one's personal life they do not belong in the workplace.

Replace all greenery with artificial plants. As an example, ferns have thousands of spores on the undersides of its leaves and, when hung, can easily release particles, creating problems for those with lung ailments or allergies.

Insure that all filters for ventilation and air handling are changed regularly. It's a simple thing to do and is just as easily overlooked. And have heating, cooling, ventilation and filtration systems checked by a professional once a year.

Perhaps one change that does not have to be mentioned but that cannot be emphasized enough is not to allow any smoking on premises. Even "smoking rooms" are not safe in the workplace because the smoke can pass through ventilation systems.

Finally, support smoke-free policies for employees in public places who cannot speak to their employers as freely as most can, especially bars and restaurants, to eliminate all public indoor smoking. Secondhand smoke is a well-documented public health hazard that affects us all. Every worker has the right to breathe clean air.

For more ideas and suggestions on how to make your own home a healthier environment go to the American Lung Association's Health

House website at www.healthhouse.org and access the consumer feature. Make your workplace and your home healthier places to work and live.

Provided by the American Lung Association (CFC Code: Nationally – 11998; D.C. – 60260; Virginia – 76473).

Working Safely and Successfully with Arthritis

With over 100 different forms and related conditions, arthritis is the number one cause of disability in America. The physical and emotional impact due to arthritis can affect your daily activities, including your responsibilities in the workplace. Here are some helpful strategies that can protect you from further pain and strain and make working with arthritis a bit easier.

Conserve Energy

- Figure out your energy patterns throughout the day and do more difficult tasks when you feel the best.
- Create a safe, efficient, and easily accessible work environment that limits the amount of unnecessary lifting or reaching.
- Maintain a schedule that includes a regular bedtime and enough sleep that will get you through the next day.
- Keep a positive attitude, prioritize, and pace yourself.



Protect Your Joints

- Exchange tasks that are too tiring for you with a co-worker.
- Utilize assistive devices such as wrist splints that help take pressure off hands and wrists. A split computer

keyboard, mouse, and joystick are easier on typing hands.

- Lift large objects with your larger and stronger muscles and joints. For example, bend and straighten your knees to lift instead of using your back. Also, instead of gripping items, carry them with open flat palms.

Sit Properly at an Arthritis-friendly Computer Area

- Have a comfortable chair with good low-back support and arm rests to help with proper posture. Lean back slightly making sure your lower back is against the backrest.
- Move closer to the keyboard making sure there is a three to six inch space

[continued on page 6]

A Healthy Recipe:

Five-Minute Curried Salmon

Salmon poached in coconut milk is meltingly tender and flavorful. Stir in green curry paste, and you'll have an instant curry feast. After a long day at the office, this is the perfect quick and delicious recipe!

Serves 4

1 cup unsweetened coconut milk, light

1 pound wild salmon fillets, cut into bite-sized pieces

1 tablespoon green curry paste (not powder), or to taste

5 scallions, thinly sliced

2 tablespoons fresh lime juice

1/2 cup chopped cilantro

salt to taste

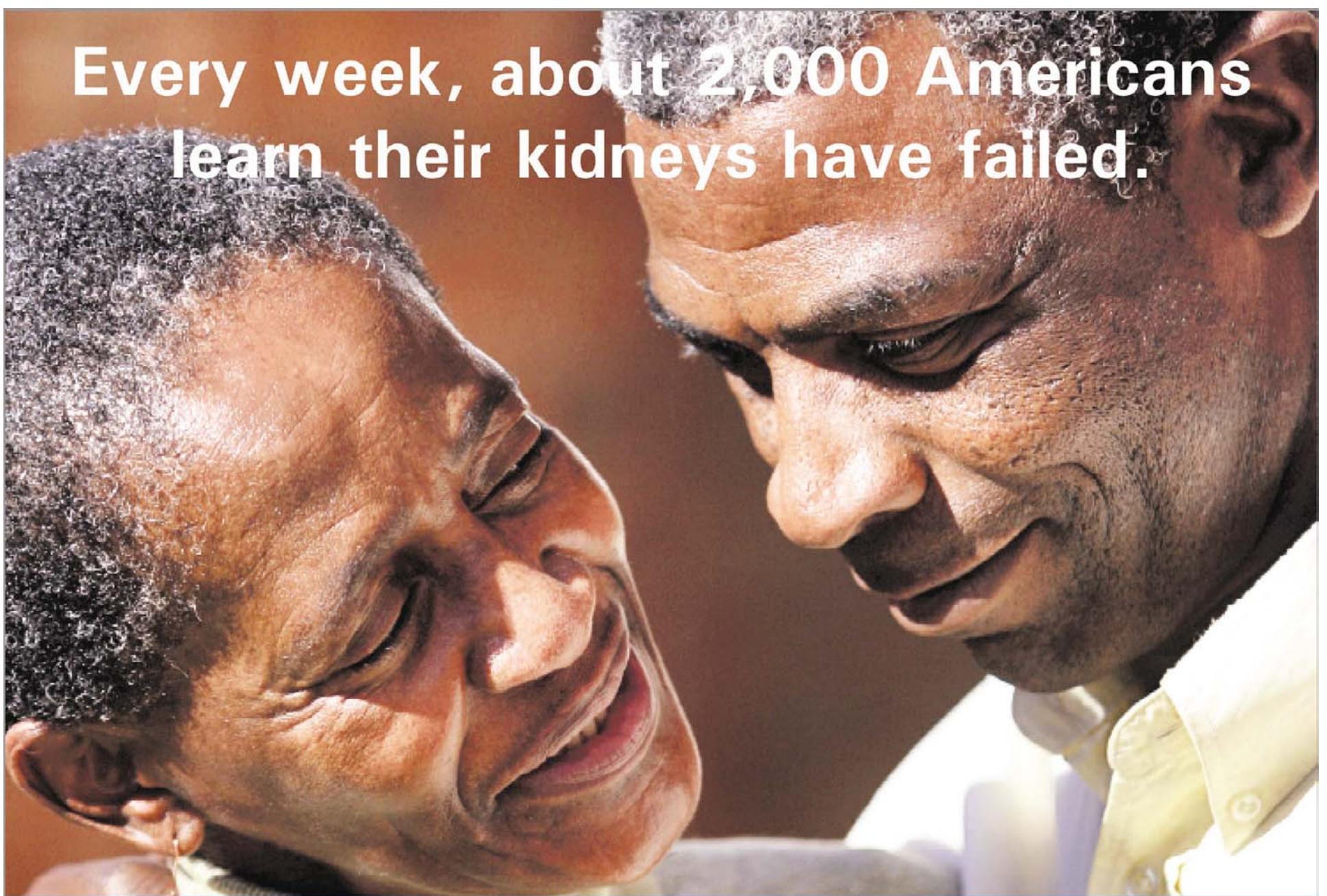
1. Place the coconut milk in a wok or large sauté pan over high heat until almost boiling; do not cover the pan. Add the salmon and salt, reduce heat to low, and simmer for about 3 minutes, or until the fish is almost cooked.

2. Stir in the green curry paste, scallions, and lime juice; simmer, stirring occasionally, for about 1 minute or until the salmon is just cooked. Taste and add additional green curry paste if needed. Garnish with the cilantro. Serve hot alongside pasta or rice.

Per serving: 205 calories, 9 g fat, 3 g saturated fat, 48 g protein, 13 g carbohydrates, 0 g fiber.

Provided by the Lupus Foundation of America (CFC Code: 10566).

Every week, about 2,000 Americans learn their kidneys have failed.



SPECIAL ADVERTISING SECTION

In 2006 the American Kidney Fund was able to provide **\$81.9 million** in grant assistance to more than **63,500 kidney patients** in the United States.

The American Kidney Fund's mission is to provide direct financial assistance to kidney patients in need, and education to those with, and at risk for, kidney disease. Financial stewardship is at the heart of our operations — 96 cents of every dollar spent goes to programs and services.



American Kidney Fund®

reaching out
giving hope
improving lives

CFC # 11404

**Learn more about kidney disease
and the programs we offer:**



HelpLine: 866.300.2900



www.kidneyfund.org

between your lap and the desk. Feet should be flat on the floor with knees at a 90- to 110-degree angle.

- Place the keyboard and monitor straight in front of you. The top of the monitor should be at eye level and the mouse should be at the same level as the keyboard.
- Position fingers so that they touch the idle row of your keyboard. Wrists should be loose and straight. Forearms should be parallel to the floor.
- Avoid sitting in one position or doing too much repetitive activity for too long. Change positions or stretch every 20 to 30 minutes.

Exercise Regularly Throughout the Week

- Range of motion exercises reduce stiffness and help keep joints flexible.
- Strengthening exercises maintain or increase muscle strength which help keep joints stable and comfortable.
- Endurance exercises strengthen the heart and lungs and increase stamina.

Adjust to Change

- Despite all your best efforts, there may be a time when arthritis makes it impossible to continue in your present job.
- Take a physical work performance evaluation to determine how much and how well you are physically able to perform motor functions.
- Seek help from vocational rehabilitation services.
- Consider working fewer hours, changing occupations or self-employment.

The mission of the Arthritis Foundation is to improve the lives through leadership in the prevention, control and cure of arthritis and related diseases. The Arthritis Foundation also offers a number of programs and services nationwide to help you take greater control of arthritis and make life easier and less painful. For more information, contact the Arthritis Foundation at 202-537-6800 or visit our website at www.arthritis.org.

*Provided by the Arthritis Foundation
(CFC Code: 11237).*

A Healthier Heart

There are ways to change your deskbound office to a positive, active environment without breaking the bank. With a physically active and nutritionally savvy office, you and your colleagues will be healthier and more efficient.

- Make your meetings mobile: brainstorm with co-workers while walking.
- Stand; don't sit while talking on the telephone.
- Put down the phone and walk to your co-workers in the office.
- Skip the elevator and take the stairs.
- Treat exercise like all your important appointments; put it on your calendar.
- Get off the bus early and walk the rest of the way.

*Provided by the American Heart Association
(CFC Code: 11236). For more information,
please visit www.americanheart.org.*

Best Practices for Work/Life Balance Initiatives

*Colleen Luzier, HR Solutions, Inc.
On behalf of Primary Care Coalition*

The term 'Work/Life Balance' was first coined in 1986 in reaction to the unhealthy choices that many Americans were making in favor of the work place, as they opted to neglect family, friends and leisure activities in the pursuit of corporate goals.

Organizations and employees who enjoy work/life balance have one major thing in common with each other. Communication between management and staff is open, honest, and clear. "Great employers communicate openly and often with their employees and ask for frequent feedback in return. Then they take the next step: They listen and respond to that feedback. The process is different at every company, but the end result is the same: employees know they have the ear of management, and management taps into employee expertise when making company decisions." (HR Magazine, July 2006, p 44)

Every organization is unique, and has to adjust its work/life balance initiative to suit its needs. Work/life balance initiatives may be very comprehensive in scope or more modest. By creating a work/life balance program, the employer acknowledges how essential and critical to a happy, motivated workforce this balance is; and that time, energy and resources are committed to making the program a successful reality for its employees. Studies on work/life balance programs report benefits such as:

- Attracts new employees**
- Helps to retain staff**
- Improves morale**
- Reduces sickness and absenteeism**
- Enhances working relationships among colleagues**
- Increases levels of production and focus**
- Increases job satisfaction**
- Decreases stress and burn out**

Below are practices which have worked well to address work/life imbalance in businesses and organizations.

Autism Speaks™



*Please select CFC #12413
to join us in the search for answers.*

Autism is the nation's #1 developmental disorder affecting 1 in 150 children. At *Autism Speaks*, our goal is to change the future for all who struggle with autism spectrum disorders. We are dedicated to funding global biomedical research into the causes, prevention, treatments, and cure for autism; to raising public awareness about autism and its effects on individuals, families, and society; and to bringing hope to all who deal with the hardships of this disorder.



www.AutismSpeaks.org

2 Park Avenue | 11th Floor | New York, NY 10016 | 212 252 8584

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- Flexibility at work—Actively promote and encourage staff to take advantage of flexible working options (flex time, job sharing, compressed work week, telecommute, etc.)
- Staff council—acts as a forum to discuss and address staff issues and suggestions
- Childcare—on site childcare, emergency childcare assistance, seasonal childcare programs (during spring and winter breaks)
- Eldercare alternatives (referrals, eldercare assessment, case management, list of local organizations or businesses that can help, seminars and support groups)
- Referral program to care services, local organizations
- On site seminars and workshops (topics: stress, nutrition, smoking, communication, presentations, team building, etc.)
- On site gym, yoga classes, or other fitness classes
- Company matches all charitable deductions by 100%

Work/life balance initiatives must begin, continue, and be sustained by continuous communication and con-

sultation with employees. To find the best fit open, forthright, and honest discussions must be allowed. Flexibility to change work/life balance initiatives must exist: some initiatives may not suit the organization, while others may be added.

Clear communication will allow work/life balance to enhance the work and personal life of all staff.

*Provided by Primary Care Coalition
(CFC Code: 14000).*

"Coordinating a health fair for such a large facility can be a daunting task. CHC-NCA is always ready to pitch in and help. They are happy to attend and can always get several of their member agencies to attend as well. Even in a pinch, CHC-NCA can find a charity for us."

Ying Fei Johnston, Nurse Coordinator, Department of Agriculture

Volunteering...It Will Work for You!

Each fall, the Combined Federal Campaign (CFC) raises the profile of workplace philanthropy and the opportunities for federal workers to impact the lives of others. Many private corporations offer similar campaigns for their employees. In these campaigns, individuals join their colleagues in providing millions of dollars of financial support to reputable non-profit organizations. While these monetary contributions are vital, they are not the only way to be involved in the causes you value. Volunteering is a key way to support the health and well-being of your community while providing benefits to both the individual volunteer and the supported organization.

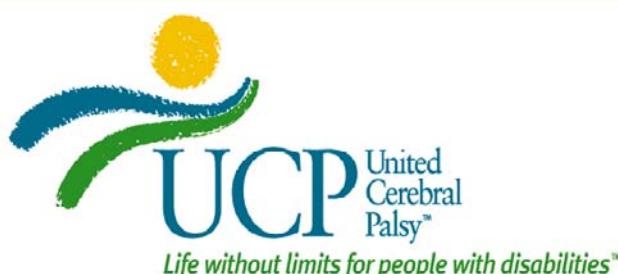
As a volunteer, the rewards of supporting a cause are tangible and personal. You can see firsthand the role you play in a community project or in someone's life, creating a feeling of accomplishment and success. Volunteers develop skills that can translate into new personal and professional opportunities. Volunteering is a wonderful way

to meet new people or to have fun with your friends and family. Many charities operate fundraisers which require healthy physical activity, such as walking, biking or running. Quite simply, volunteering can change your life.

Volunteering also provides some obvious and some more subtle benefits to the organizations served. The first, most obvious benefit is fundraising to support a charity's programs and services. Additionally, volunteers often provide logistical and administrative support for special events and general office work, reducing overhead costs and allowing more money to be spent in direct support of the cause. Many volunteers can also offer direct services to the charities they support, such as transportation and peer counseling. Finally, volunteers become cause "ambassadors," sharing the mission and values of their cause with the wider community.

The benefits of volunteering to an employer are becoming increasingly well recognized. Community involvement and philanthropy can enhance a corporation's reputation and profile. Businesses with strong

[continued on page 10]



As one of the largest health charities in America, United Cerebral Palsy advances the independence, productivity and full citizenship of people with disabilities.

United Cerebral Palsy, through its national network of affiliates, provides direct services every day to more than 170,000 children and adults with disabilities and their families, is a pivotal advocate for the rights of persons with any disability, and is the leading source of information on cerebral palsy.

CFC# 12004



Did You Know?

Reducing your body weight by 5 - 7% (10 -15 lbs) and exercising for 150 minutes per week can help reduce the risk of developing diabetes by 58%.

- Initiate/facilitate a workplace walking program for your employees. Provide a safe and supportive environment where employees can walk for 10-15 minutes (or more) before work, at lunch time or after work.
- Provide/promote healthy food options for employees. Successful weight loss and maintenance involves both eating fewer calories and increasing physical activity.

Provided by the American Diabetes Association (CFC Code: 11235). For more information, visit www.diabetes.org.

Community Health Charities of the National Capital Area 2007 Member Agency Listing*

DON'T FORGET - THIS YEAR ALL CHARITIES HAVE A NEW 5-DIGIT CFC CODE

Local Members

MEMBER	WEB ADDRESS	LOCAL CFC
ALS Association - DC/MD/VA Chapter	www(ALSinfo.org	67013
American Liver Foundation- National Capital Area Chapter	www.alfdc.org	65847
American Lung Association of the District of Columbia	www.aladc.org	60260
American Lung Association of Virginia		76473
Center for Child Protection and Family Support	www.stopchildabusenow.org	55731
Chesapeake-Potomac Spina Bifida Association, Inc.	www.chesapeakespinabifida.org	37683
Children's Cause for Cancer Advocacy	www.childrenscause.org	71422
Community Health Charities of the National Capital Area	www.healthmattersdc.org	20524
Crohn's & Colitis Foundation of America Greater Washington DC/VA Chapter	www.cffa.org/chapters/washingtondc	36149
Cystic Fibrosis Foundation - Metropolitan Washington DC Chapter	www.cff.org	87504
Diabetes Research Institute Foundation of D.C.		40391
Epilepsy Foundation of Virginia	www.epilepsyfoundation.org/virginia	45453
Friends of Clarendon House, Inc.		14804
Hemophilia Association of the Capital Area	www.hacacares.org	42259
Huntington's Disease Society of America, Washington Metro Area Chapter	www.hdsa.org	41887
Juvenile Diabetes Research Foundation International - Capitol Chapter	www.jdrf.org	72140
The Leukemia & Lymphoma Society - National Capital Area	www.lls.org	72322
March of Dimes Birth Defects Foundation - National Capital Area Chapter	www.marchofdimes.com/metrodc	77006
Montgomery County Stroke Association, Inc.	www.mcstroke.org	88174
Muscular Dystrophy Association, Inc. - Capital Chapter	www.mda.org	52910
Myasthenia Gravis Foundation - Virginia Chapter	www.myasthenia-va.org	45245
Myasthenia Gravis Foundation of America, Inc. Maryland/DC/Delaware Chapter	www.myasthenia.org	95409
NAMI - Northern Virginia	www.naminova.org	30076
NAMI Prince George's County, MD	www.namipgcmd.org	36551
Northern Virginia Mental Health Foundation		69483
Northern Virginia Mental Health Institute Advisory Council		37445
Parkinson Foundation of the National Capital Area, Inc.	www.parkinsonfoundation.org	56782
Prevent Blindness Virginia	www.pbv.org	69712
Primary Care Coalition of Montgomery County	www.primarycarecoalition.org	14000
Sickle Cell Association of the National Capital Area, Inc.		57433
Sickle Cell Center for Adults at Johns Hopkins	www.sicklecellcenter.org	10831
Spinal Cord Injury Network of Metropolitan Washington DC	www.spinalcordinjury.net	22051
St. Jude Children's Research Hospital - DC	www.stjude.org	95893
The Washington Home	www.thewashingtonhome.org	80571

What Your Dollars Buy

\$1.00 per pay period screens a child for potentially blinding vision disorders

\$2.00 per pay period provides a kidney patient with funding to cover round-trip transportation for two visits to the dialysis center

\$3.00 per pay period will provide one year of medication to an uninsured person under 65

\$5.00 per pay period provides free education sessions and materials for persons living with arthritis and their loved ones

\$8.50 per pay period teaches 50 people the connection between good food and good health by demonstrating heart-healthy ways to cook

\$10.00 per pay period provides 70 free bereavement kits to be used in the Neonatal Intensive Care Unit at Children's National Medical Center

\$15.00 per pay period provides type 2 diabetes educational information to ten elementary and middle school students to aid in the prevention of diabetes in overweight children

\$23.00 per pay period will give 250 elementary school children a smoking prevention puppet show in a school assembly

\$50.00 per pay period can send two transplant recipients to the U.S. Transplant Games

National Members

MEMBER	WEB ADDRESS	NATIONAL CFC
AIDS Research Foundation (amfAR)	www.amfar.org	I1996
The ALS Association (Amyotrophic Lateral Sclerosis Association)	www.alsa.org	I1997
Alzheimer's Association	www.alz.org	I1234
AMC Cancer Research Center	www.amc.org	I1403
American Cancer Society	www.cancer.org	I0570
American Diabetes Association	www.diabetes.org	I1235
American Hearing Research Foundation	www.american-hearing.org	I0571
American Heart Association	www.americanheart.org	I1236
American Kidney Fund	www.kidneyfund.org	I1404
American Liver Foundation	www.liverfoundation.org	I0572
American Lung Association	www.lungusa.org	I1998
American Parkinson Disease Association	www.apdaparkinson.org	I0573
Arthritis Foundation	www.arthritis.org	I1237
Autism Speaks	www.autismspeaks.org	I2413
Cancer Research Institute	www.cancerresearch.org	I1999
Children's Tumor Foundation	www.ctf.org	I2197
Community Health Charities	www.healthcharities.org	I2196
Cooley's Anemia Foundation	www.cooleysanemia.org	I0567
Crohn's and Colitis Foundation of America	www.ccfa.org	I1405
Cystic Fibrosis Foundation	www.cff.org	I1406
Depression and Bipolar Support Alliance	www.dbsalliance.org	I2000
Easter Seals	www.easterseals.com	I2198
Endometriosis Association	www.endometriosisassn.org	I1407
Epilepsy Foundation of America	www.epilepsyfoundation.org	I0568
Huntington's Disease Society of America	www.hdsa.org	I1238
Juvenile Diabetes Research Foundation International	www.jdrf.org	I0569
The Leukemia & Lymphoma Society	www.lls.org	I1239
Lupus Foundation of America	www.lupus.org	I0566
March of Dimes Birth Defects Foundation	www.marchofdimes.com	I1408
Mental Health America	www.mentalhealthamerica.net	I0564
Muscular Dystrophy Association	www.mdausa.org	I0561
Myasthenia Gravis Foundation of America	www.myasthenia.org	I1240
NAMI (National Alliance for the Mentally Ill)	www.nami.org	I0562
National Headache Foundation	www.headaches.org	I2001
National Hemophilia Foundation	www.hacacares.org	I2002
National Hospice and Palliative Care Organization	www.nhpco.org	I1241
National Kidney Foundation	www.kidney.org	I2003
National Multiple Sclerosis Society	www.nationalmssociety.org	I1409
National Parkinson Foundation	www.parkinson.org	I1098
National Spinal Cord Injury Association	www.spinalcord.org	I0565
National Stroke Association	www.stroke.org	I1378
Parkinson's Disease Foundation	www.pdf.org	I1410
Prevent Blindness America (National Society to Prevent Blindness)	www.preventblindness.org	I1354
Research to Prevent Blindness	www.rpbusa.org	I1242
Sickle Cell Disease Association of America	www.sicklecelldisease.org	I0558
SIDS Alliance/First Candle	www.firstcandle.org	I1243
Spina Bifida Association of America	www.sbaa.org	I0559
St. Jude Children's Research Hospital	www.stjude.org	I0560
Tourette Syndrome Association	www.tsa-usa.org	I1411
United Cerebral Palsy Associations	www.ucp.org	I2004

*Not all charities participate in all campaigns.

employee volunteering programs are viewed as “employers of choice,” and are able to attract and retain workers. Studies have shown that employees feel more company loyalty and have increased morale when their employer supports their volunteer efforts and their community.

Volunteering builds a circle of benefits that strengthen communities. Individuals reap personal rewards and strengthen their ties to their communities. Employers who support community involvement boost their reputation and raise morale, which in turn helps develop their workforce and grow the business. Charities which engage volunteers are able to expand their services, reaching more individuals with more programs, enhancing overall community health.

Community Health Charities of the National Capital Area (CHC-NCA) represents over 80 leading national and local health charities. Visit the CHC-NCA website, www.healthmattersdc.org, to find volunteer opportunities in your local community.

It's About How You LIVE at Work: Are You a Working Caregiver?

Do you regularly:

Drive a family member, friend or neighbor to doctor appointments?

Provide hands-on care such as bathing or assistance with eating?

Help someone make healthcare decisions?

If so, you are one of forty-four million Americans—approximately 16% of the population—who provides unpaid care to an adult relative or friend. An estimated 15.9 million caregivers work full-time (AARP/NAC, 2004). Juggling these dual responsibilities can be emotionally and logically demanding. The following are challenges you may be facing as a working caregiver:

Making time during work to take a loved one to doctor appointments or making phone calls.

Coping with the emotional stress of watching a loved one suffer or struggle with an illness or health condition.

Balancing the responsibilities of work and caregiving, which can leave you exhausted and vulnerable to illness.

If you are facing these or other challenges associated with being a working caregiver, consider talking to your supervisor or head of HR. He or she may be able to present options to help ease your stress including telecommuting, flextime or job sharing. Be sure to also ask about services available from your employer's Employee Assistance Program.

If you are having difficulty getting the support you need, you can share with your supervisor that supportive policies, benefits and work-life programs positively affect the bottom line of an employer's balance sheet by increasing the loyalty, morale and productivity of its workforce.

For more free information, resources and tips for caregivers and employers supporting working caregivers, visit www.caringinfo.org or call Caring Connections at 800-658-8898.

*Provided by the National Hospice and Palliative Care Organization
(CFC Code: 11241).*

Workplace Etiquette for Communicating with People with Disabilities

In the workplace, it's important to know the rules of etiquette when working with a person with a disability. Outlined below are tips to help you in communicating in an appropriate and respectful way.

1. When talking with a person with a disability, speak directly to that person rather than through a companion or sign language interpreter.

2. When introduced to a person with a disability, it is appropriate to offer to shake hands. People with limited hand use or who wear an artificial limb can usually shake hands. (Shaking hands with the left hand is an acceptable greeting.)

3. When meeting a person who is visually impaired, always identify yourself and others who may be with you. When conversing in a group, remember to identify the person to whom you are speaking.

Workplace Tip for Healthy Kidneys:

Drink plenty of fluids! Drinking plenty of fluids, and drinking a glass of cranberry juice in particular, reduces the chance of developing a urinary tract infection (UTI), which can lead to kidney problems. Keeping a bottle of water at your desk is a good way to drink the recommended minimum of 6 - 8 glasses of water per day. Also, people who frequently delay going to the bathroom are more likely to experience UTIs. Don't put off stepping away from your work to urinate.

Provided by the National Kidney Foundation (CFC Code: 12003). For more information, please visit www.kidney.org.



Grabbing a crunchy or gooey snack during the day may curb your appetite, but it can expand your waist. To help make better, lower-fat choices, follow these tips from the American Heart Association. You can learn more by visiting www.FaceTheFats.org or by dialing 1-800-AHA-USA1.

CFC code: 11236

"The health education workshops Community Health Charities of the National Capital Area coordinates for us are very informative, enlightening and full of useful health information. I know the employees here at Customs and Border Protection really take a lot away from them. They present very valuable information, and everyone here really appreciates the on-site location – it makes it so easy for them to attend."

Craig M. Kenner, Physical Fitness Coordinator - Financial & Realty Services, LLC (FRS), Department of Homeland Security Customs and Border Protection

4. If you offer assistance, wait until the offer is accepted. Then listen to or ask for instructions.

5. Treat adults as adults. Address people who have disabilities by their first names only when extending the same familiarity to all others. (Never

patronize people who use wheelchairs by patting them on the head or shoulder.)

6. Leaning on or hanging on to a person's wheelchair is similar to leaning on hanging on to a person and is generally considered annoying. The chair is part of the personal body space of the person who uses it.

7. Listen attentively when you're talking with a person who has difficulty speaking. Be patient and wait for the person to finish, rather than correcting or speaking for the person. If necessary, ask short questions that require short answers, a nod or shake of the head. Never pretend to understand if you are having difficulty doing so. Instead, repeat what you have understood and allow the person to respond. The response will clue you in and guide your understanding.

8. When speaking with a person who uses a wheelchair or a person who uses crutches, place yourself at eye level in front of the person to facilitate the conversation.

9. To get the attention of a person who is deaf, tap the person on the shoulder or wave your hand. Look directly at

the person and speak clearly, slowly, and expressively to determine if the person can read your lips. Not all people who are deaf can read lips. For those who do lip read, be sensitive to their needs by placing yourself so that you face the light source and keep hands, cigarettes and food away from your mouth when speaking.

10. Relax. Don't be embarrassed if you happen to use accepted, common expressions such as "See you later," or "Did you hear about that?" that seems to relate to a person's disability. Don't be afraid to ask questions when you're unsure of what to do.

Provided by United Cerebral Palsy (CFC Code: 12004), from the Office of Disability Employment Policy (ODEP). For more information, please visit www.ucp.org.

and on our bodies, making us susceptible to a host of illnesses.

In fact, what many of us don't realize—and what medical researchers are confirming in study after study—is that our stress levels are directly linked to our physical wellbeing. Seventy-five percent of our visits to the doctor's office concern stress-related ailments.

Common Sources of Stress

For many of us, stress is at an all-time high level. Some common sources of stress include financial worries, concerns about job security, heavy workloads and responsibility, job burnout and personality conflicts at work, the demands of work and family, troubled relationships, as well as caregiving for a sick loved one or an aging parent.

How Stress Affects Us at Work

We all know that stress affects us at work. When we are under chronic stress, we often have trouble meeting deadlines, concentrating and making decisions. Our productivity and performance decrease as our stress levels increase. We also may become easily irritated and overwhelmed, and have relationship problems with colleagues. Many people are unable to

Focused on restoring insulin production in those living with diabetes.

Ensuring a future free from diabetes.



Empowering patients in their everyday lives.



There is a difference . . . at the Diabetes Research Institute - the best hope for a cure.



Collaborating with the leading diabetes researchers across the globe.

Our local CFC number is #40391
or find us in the index.

DIABETES
RESEARCH
INSTITUTE

The Best Hope for a Cure®

Diabetes Research Institute Foundation:
Washington, D.C. Regional Office
1325 Massachusetts Avenue, NW
Washington, DC 20005
T: 800.321.3437
Info@drif.org
diabetesresearch.org

E12 leave their job-related issues behind at night or feel immobilized on the job. Stress can also mean more headaches, backaches and colds—and more sick days.

Did you know that one in four people report they've missed work as a result of work-related stress?

How Stress Affects Our Health and Wellness

Almost half of us suffer physically due to stress. Chronic stress can affect the body in a number of ways. It weakens the immune system, which can cause fatigue and make us more susceptible to colds and flus.



It can also trigger a variety of ailments from gum disease to osteoporosis; cause premature aging; and lead to life threatening illnesses like diabetes, heart disease and cancer.

Strategies for Managing Stress

Whether the stress originates at the office or at home—or a little of both—we take it with us wherever we go.

The good news is that we now know that caring for our minds as well as our bodies can keep us healthier, happier and more productive in all aspects of life.

Here are some strategies you can use to better manage stress. These tips may seem like common sense, but few of us apply them to our daily lives. They will help if you use them.

- Treat your body right. Eating right and exercising can increase your tolerance to stress.
- Set realistic goals. Do what's possible and carry on.
- Set and re-set your priorities. Take care of important and difficult tasks first, and eliminate unessential tasks.

- Take one task at a time. Divide large projects into smaller tasks, and make "to do" lists.
- Take five. Taking a short break can help slow down your mind long enough to improve your ability to deal with stress later.

- Learn to relax or meditate. Studies show that just 10 to 20 minutes of quiet reflection or meditation a day can bring relief from chronic stress and increase your tolerance to it.

- Give yourself a break. No one is perfect. Striving to be the best in everything will lead to worry, anxiety and failure.

- Learn to say "no." Slow down and be honest about what you can comfortably do.

- Be flexible. Make allowances for other people's opinions and be prepared to compromise.

- Avoid excessive competition. Excessive competition can be dangerous emotionally and physically—not to mention damaging to your job.

- Go easy on criticism. You may expect too much of yourself or others. Try not to feel let down or frustrated when your expectations aren't met.

- Manage your anger. Retreat before you lose control. If there is a confrontation, allow time for you both to cool down. You'll be better equipped to handle the problem constructively later.

- Be honest with colleagues. Make it plain you feel you're in a bind. Chances are others feel the same. Don't just complain—make practical suggestions for improvement.

- Talk it out with a loved one. Talking it out can help you see things more clearly, release negative feelings and get emotional support.

For more tips on managing stress, or for more information visit www.mentalhealthamerica.net.

*Provided by Mental Health America
(CFC Code: 10564).*

BY THE TIME YOU ARRIVE AT YOUR OFFICE ANOTHER PERSON WILL BE DIAGNOSED WITH LUPUS

Every 30 minutes another person is diagnosed with lupus — thousands die each year. Lupus is three times more common among African Americans, Hispanics/Latinos, Asians and Native Americans than Caucasians.

[DESIGNATE CFC]
#10566



Help us to find a cure and provide support and services for all people affected by lupus. Call the Lupus Foundation of America at 888-38-LUPUS or visit us online at www.lupus.org to learn more.



Thank You!

Community Health Charities of the National Capital Area (CHC-NCA) would like to thank the corporations and their employees throughout our area who continually support the health of our community by giving both time and donations to CHC-NCA member health agencies through Health Matters at Work.

They include:

- **Donohoe Hospitality Services - properties including:**
 - Courtyard by Marriot – Convention Center, Washington, DC**
 - Holiday Inn – Arlington, Virginia**
 - Capitol, Washington, DC**
 - Georgetown, Washington, DC**
 - Residence Inn by Marriott – Arlington at Rosslyn**
 - Capitol, Washington, DC**
 - Dupont Circle, Washington DC**
 - Hilton Garden Inn – Tysons Corner, Virginia**
- **Hilton Washington**
- **L'Enfant Plaza Hotel**
- **Social & Scientific Systems**
- **Wolf Trap**

Employers Seeking New Options to Control Healthcare Costs



*Lori Golino
Senior Vice President of Human Resources*

Health insurance costs have increased exponentially in recent years, outpacing wages and inflation.

According to the Kaiser Family Foundation/Health Research and Educational Trust 2007

Employer Health Benefits Survey, employment-health insurance premiums have increased 78% since 2001. Health insurance premiums went up 6.1% in 2006, while inflation and wages grew 2.6% and 3.7%, respectively. Rising costs have led some employers to drop insurance for their employees. The annual Kaiser/HRET survey also reports that in 2000, 68% of companies with less than 200 employees offered some sort of health plan; that number fell to 59% in 2006.

Employers are pursuing various

strategies to cope with these rising costs. A small percentage of businesses are implementing consumer-driven health care plans. Most of these plans combine a high deductible with a flexible spending account (FSA) or a healthcare savings account (HSA), available since 2004. In theory, these plans make consumers more aware of true health care costs and encourage them to use good judgment in health care spending.

Other employers are seeking to offset healthcare costs through worksite health promotion. Companies hoping to raise employee health literacy provide programs and services to employees so they can make more informed decisions about their health. One such company is the Silver Spring, Maryland, based firm Social & Scientific Systems, Inc.

When Community Health Charities of the National Capital Area (CHC-NCA) spoke with Lori Golino, Senior Vice President of Human Resources at Social & Scientific Systems, Inc. (SSS), she commented that

"Although employers can't get directly involved in their employees' healthcare because of privacy issues, they want to supply information to help employees make educated decisions about their healthcare and

80,000 Residents Of Montgomery County Lack Basic Health Insurance

DESIGNATE PRIMARY CARE COALITION OF MONTGOMERY COUNTY AS YOUR CHARITY AND HELP GIVE LOW-INCOME, UNINSURED CHILDREN AND ADULTS ACCESS TO HIGH-QUALITY HEALTH CARE.



In Montgomery County, there are an estimated 80,000 low-income, uninsured individuals who live sicker lives and die sooner, because without health insurance, they cannot afford medical care. Last year, the Primary Care Coalition, working with Montgomery County and our community-based clinic partners, provided access to services for 20,000 Montgomery County residents.

IN 2007 THERE WERE:

- 42,500 doctor visits for adults through Montgomery Cares
- 4,300 doctor visits for children through Care for Kids
- Comprehensive medical/forensic services for 950 children who were victims of abuse/neglect
- \$950,000 worth of generic medications for these patients
- \$550,000 worth of brand-name medications for these patients
- Electronic medical records for patients at 50 clinic sites

THE PRIMARY CARE COALITION SUPPORTS THE COUNTY'S NON-PROFIT CLINICS BY PROVIDING:

- Specialty Care
- Prescription-Drug Services
- An Electronic Medical Record Shared At 50 Regional Clinic Sites
- Quality Improvement Programs For Clinic Staff
- Comprehensive Care For Children Who Have Suffered Physical Or Sexual Abuse.

Please designate CFC #14000.



Please visit the Primary Care Coalition at www.primarycarecoalition.org, and designate CFC #14000 as your charity.

E14 lifestyle. Employers are looking to employees to make better choices such as quitting smoking or losing weight. In addition, they are expecting that if employees have a chronic illness or disease, they learn to manage it so as not to end up in the hospital. Bottom line for employers and employees alike – prevention is less expensive than treatment."

At SSS, an employee-owned company, workers have an especially vested interest in cost containment. "Since employees own stock in the company," Golino explains, "they really want to keep healthcare costs low; rising costs eat into profits, which essentially is their money." In an effort to promote wellness, SSS offers on-site fitness programs such as yoga at lunch and aerobics after work. In addition, SSS holds a health fair every year that offers flu shots, health screenings and an abundance of health information for employees.

Along this line, SSS also offers Health Matters at Work, an innovative health program that coordinates health education, volunteer opportunities and an employee giving campaign free for local businesses. Health Matters at Work is run by CHC-NCA, and is viewed by SSS as a logical part of the health care equation. Golino noted "some of the

very large companies may have the resources to run their own wellness programs. But for smaller companies, this isn't usually an option. So our partnership with CHC-NCA through the Health Matters at Work program works wonderfully." Community Health Charities is uniquely positioned to link employee health initiatives with local community health organizations, enabling companies of all sizes to provide information from the most respected and relevant health experts.

In addition, Health Matters at Work allows employers to expand their workplace health and wellness activities to include volunteer opportunities as well as an employee contribution campaign. The volunteer opportunities and the employee giving campaign are a good fit with the SSS philosophy of being community service oriented. SSS has a strong presence in the local community, so giving time through volunteering and donations through workplace giving is important to employees. Golino stated "the Health Matters at Work program helps us support our core value of giving back to the community." Currently, Golino serves as President of the Human Resource Association of the National Capital Area (HRA-NCA) and serves on the Board at Community Health Charities of the National Capital Area.

Thank You!

A special thanks to military and federal employees who have supported Community Health Charities of the National Capital Area and its member health agencies for over 20 years through the Combined Federal Campaign. Your continued and generous support of the health of our community is very much appreciated.

Spina Bifida is the most common permanently disabling birth defect in the United States. The exact cause of Spina Bifida is not known.

The Spina Bifida Association promotes the prevention of Spina Bifida and seeks to enhance the lives of those that are affected.

Your contribution is important to continue our efforts. Together we have a remarkable opportunity to eradicate the most common permanently disabling birth defect in the United States.

 SPINA BIFIDA
ASSOCIATION



CFC #10559

The surprising faces of Arthritis. Help them take control.



Arthritis and chronic joint pain have quietly become the leading cause of disability in the U.S., severely limiting the lives of its sufferers.

1 in 5 Americans have Arthritis.
300,000 are children.

For more information, visit
www.arthritis.org or call 202.470.1707 ext. 3020

 ARTHRITIS
FOUNDATION®
Take Control. We Can Help.™

Help us find a cure

Please designate CFC # 11237

A Healthy Recipe: Apple Oat Bran Muffins

Preparation time: 20 minutes
Baking time: 20 minutes

1 ½ cups flour
½ cup sugar substitute
½ cup oat bran
1 tablespoon baking powder
2 teaspoons cinnamon
½ teaspoon salt
1 ½ cups unsweetened applesauce
¼ cup skim milk
¼ cup vegetable oil
¼ cup frozen apple juice
concentrate
1 egg or ¼ cup liquid egg substitute

Topping:
1 cup dried apple rings, diced fine
1 tablespoon cinnamon

1. Preheat oven to 425 degrees.
- Fill muffin tins with paper muffin cups
2. In a mixing bowl, combine flour, sugar substitute, oat bran, baking powder, cinnamon and salt. Mix well.



Provided by the Juvenile Diabetes Research Foundation (CFC Code: National – 10569, Local – 72140). Reprinted with permission from: Diabetic Low-Fat & No-Fat Meals in Minutes by M.J. Smith, R.D. For more information, visit www.jdrf.org



**SICKLE CELL ASSOCIATION
of the
NATIONAL CAPITAL AREA, INC.
(SCANCA, INC.)**

P. O. Box 41479, Washington, D. C. 20018
(202) 271-5733 --- email: scanca@scanca.org
Website: www.scanca.org

"Education Towards The Management of Sickle Cell"

CFC DESIGNATION NUMBER 57433

The Sickle Cell Association of the National Capital Area, Inc. (SCANCA, INC.) is a non-profit organization founded in April 1994. Its members include parents, individuals with Sickle Cell, medical professionals, business and community leaders and other interested individuals. We are a teaching and family support organization serving the District of Columbia Metropolitan Area.

Sickle Cell Disease is an inherited blood disorder. It is a major health problem in the United States. Sickle Cell Disease occurs in many ethnic groups: African, Asian, East Indian, Hispanic and Mediterranean. There are many types of Sickle Cell Disease: Sickle Cell C, Sickle Thalassemia, Sickle Cell O-Arab, and other Sickle Cell Variants.

It is imperative that precautions are practiced to preserve a healthy body.

Things to keep in mind:

- * Dress appropriately for the weather. Wear your undershirt in summer and winter. A jacket should be worn in air conditioned areas and hats or caps for the winter cold.
- *Practice slow deep breathing to keep the lungs well oxygenated.
- *Maintain regular physical activities.
- *Drink lots of water.
- *Take warm baths to stimulate circulation.
- *Inform your medical caretaker of any changes and keep ALL medical appointments.
- *Treat symptoms of pain crisis at the onset. Don't wait until it becomes severe.
- *Maintain healthy dietary habits.
- *Get plenty of rest (7-8 hours nightly).
- *Take medication(s) daily.

**STAY SAFE AND HEALTHY
THIS WINTER!**

3. In another bowl, whisk remaining ingredients together. Pour into the dry ingredients and stir just until moist. Spoon batter into 18 muffin cups.

4. Mix diced dried apple with cinnamon in a small bowl and sprinkle on the muffins. Bake for 20 minutes or until muffins test done

18 servings – 1 muffin each.
Per serving: 108 calories; 4 gm. Fat;
3 gm. Protein; 19 gm. Carbohydrate;
0 cholesterol; 43 mg. sodium.

For exchange diets, count: 1 starch,
½ fat.

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**Community Health Charities of the National Capital Area
1140 19th Street, NW, Suite 520, Washington, DC 20036-6609
PH: 202.728.6717 FX: 202.728.6739 www.healthmattersdc.org**

THE BATTLE AGAINST LOU GEHRIG'S DISEASE is one our veterans can't fight alone.



Research has shown that **those with military service are at nearly a 60% greater risk of developing ALS** (Lou Gehrig's Disease) than people who have never served in the military.*

Veterans like Jim Thew (pictured left with his wife, Kumiko) have ALS and need answers. He served two tours of duty in the Persian Gulf - now he's fighting for his life.

*ALS in the Military, May 2005

**They fought for us.
Now fight for them.**

Designate The ALS Association on
your Workplace Giving Form: DC/MD/VA
Chapter CFC #67013 (new number).



www.alsinfo.org



Thank you for helping to save lives of St. Jude patients, like Roman.

Chief Petty Officer Scott Ziegler, a 19-year veteran of the Navy, was in Japan eagerly anticipating the arrival of his family. Back in the United States, his wife Heather was busily preparing to move her family to Japan, where Scott had been stationed for more than a year.

Before the family began the overseas medical screening process, Heather noticed a lump on her son Roman's neck. Doctors told Heather that it was nothing to worry about. As she started the Navy's medical screening process, the mass on Roman's neck began to grow. Heather knew it was definitely something of great concern. The mass was removed and identified as Hodgkin disease, a cancer of the lymph nodes.

Scott remembers receiving the phone call from Heather that he describes as "the worst phone call a parent could get." Scott recalled, "You hear 'cancer' and you immediately think the worst."

Roman was referred to St. Jude Children's Research Hospital® for treatment. Doctors discovered the cancer had spread to two

additional places on Roman's neck and to lymph nodes underneath his arm.

Soon, Scott came back to the United States and was stationed at a base near the hospital in Memphis, Tenn. When Scott rejoined his family for Roman's treatment, he knew that St. Jude would take care of Roman. "The first day was an eye opening experience. The whole family was welcomed, not just Roman," said Scott.

Roman endured 12 weeks of chemotherapy and 10 rounds of radiation. Today, Roman is cancer free. He returns to St. Jude every 6-8 weeks for checkups. Scott is grateful to St. Jude for saving the life of his only son.

"The Navy is based on family. The majority of the Navy has children and you never know when you may need help from organizations like St. Jude," said Scott. "As a parent you always assume your child will be healthy. I thank God for St. Jude. My son is a success story . . . he is a miracle."

 Community
Health Charities
WORKING FOR A HEALTHY AMERICA

Proud Member of the Combined Federal Campaign #10560
800-822-6344 • www.stjude.org

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St. Jude Children's
Research Hospital
ALSAC • Danny Thomas, Founder
Finding cures. Saving children.